



Course Goal

To refresh and update your understanding of fall protection safety systems as they apply to the general work environment. The scope of this knowledge includes the proper care, selection and personal use of these systems, and the provision of guidance to others, under one's supervision, who are using these systems.

Course Assessments

Students will need to meet the following objectives to earn a certificate of completion in this course. Should a student miss one or more objectives, they may need to re-take the course in its entirety before being eligible to receive a certificate.

1. Complete all challenge questions and workbook exercises.
2. Participate in the Equipment Selection workshop
3. Achieve a minimum of 70% on the closed book written test.

Learning Objectives

Working At Height

1. Understand the importance of identifying fall hazards as they appear in the workplace and respecting the gravity of working at any height.
2. Comprehend the frequency and consequences of fall accidents in the workplace.

Fall Protection Oversight

1. Identify the applicable fall protection regulations.
2. Understand the purpose of consensus groups and the guidance they provide for fall safety.
3. Comprehend the key elements and purpose of a company specific fall protection program.
4. Learn the importance of conducting due diligence.

Systems and Planning

1. Identify the various fall protection systems.
2. Comprehend the proper order of selection of a fall protection system.
3. Understand the concept of eliminating the fall hazard.
4. Understand requirements for the passive systems identified.
5. Understand requirements for the restraint systems identified.
6. Understand requirements for the arrest systems identified.
7. Understand requirements for the administrative controls identified.

Anchor Points

1. Comprehend the definition and anatomy of an anchor point.
2. Understand the parameters of certified and non-certified anchorages.
3. Appreciate and identify the applicable anchorage strength requirements.
4. Understand selection and usage principles of common anchorage connector equipment.
5. Demonstrate an ability to properly assess anchor points.

Body Support

1. Understand the working specifications and parameters for full body harnesses.
2. Discover standard harness considerations when selecting a full body harness.
3. Learn about the harness attachment point designs for various applications.
4. Properly don a full body harness and perform a partner check.
5. Demonstrate an ability to detect harness donning errors and provide the necessary corrections.



Connectors

1. Understand the basic purpose, design, and specifications of snap hooks and carabiners.
2. Understand the essential purpose, design, and specifications of lanyards.
3. Comprehend and calculate free fall distances in basic applications.
4. Understand the essential purpose, design, and specifications of energy absorbers.
5. Comprehend and calculate standard clearance requirements.
6. Understand the essential purpose, design, and specifications of self-retracting lifelines (SRL).
7. Understand the essential purpose, design, and specifications of vertical lifelines and fall arresters (VLL).
8. Understand the essential purpose, design, and specifications of horizontal lifelines (HLL).
9. Demonstrate an understanding of installation and usage principles for the connectors reviewed in this section.

Descent and Rescue

1. Understand the rescue requirements when using a personal fall protection system.
2. Comprehend the hazard and mitigation of suspension trauma.
3. Understand the purpose and contents of a rescue plan.
4. Gain awareness of basic rescue equipment and techniques.
5. Identify common post-fall protocols.

Equipment Care

1. Discover general equipment care principles.
2. Understand end-user equipment inspection requirements.
3. Comprehend fundamental maintenance principles.
4. Comprehend fundamental storage principles.

Work Applications

1. Identify possible specific regulatory requirements.
2. Comprehend the components and purpose of a fall hazard survey.
3. Learn the purpose and contents of a fall protection plan.