



Course Outline

Fall Protection

Working at Heights (ON CPO)

Course #6212

Basic Theory Module (215 minutes)

Course Introduction

(30 minutes)

- Instructor Introduction
- The Purpose of the Course
- Course Requirements
- Course Certification
- Certification Card
- Student Record and Training Certificate

Working at Heights

(30 minutes)

- Evolution of Fall Protection
- Hazard Identification
- Facts of Falling
- Respecting Heights
- Falling Dynamics

Fall Protection Oversight

(35 minutes)

- Regulatory Bodies
- Standards Bodies
- Workplace-Specific Policies
- Roles, Rights, and Responsibilities

15 minute break

Ladders and Similar Equipment

(50 minutes)

- Overview
- Regulations
- Types
- Selection
- Inspection and Storage
- Transportation and Set-Up
- Climbing and Working
- Review and Summary

Controlling Fall Hazards

(35 minutes)

- Hierarchy of Controls
- Warning Methods
- Physical Barriers
- Personal Protective Equipment
- Fall Protection System Selection
- Fall Protection Planning

Barriers and Other Fixed Equipment

(20 minutes)

- Guardrails
- Covers
- Safety Nets
- Bump Lines

Practical Module (250 minutes)

Anchor Points

(25 minutes)

- Anchor Points Overview
- Anchor Point Types
- Strength Requirements
- Anchorage Connectors

Body Holding Devices

(35 minutes)

- Body Holding Devices Overview
- Safety Belts
- Full Body Harnesses
- Classification
- Construction
- Harness Fitting

10 minute break

Connectors

(65 minutes)

- Connectors Overview
- Snaphooks and Carabiners
- Lanyards
- Free Fall Distance (FFD)
- Energy Absorbers
- Clearance Requirements (CR)
- Self-Retracting Devices
- Vertical Lifelines and Fall Arresters
- Horizontal Lifelines

10 minute break

Descent and Rescue

(15 minutes)

- Rescue Requirements
- Suspension Trauma
- Rescue Planning
- Equipment and Techniques

Equipment Care

(25 minutes)

- Equipment Inspection
- Maintenance and Storage

Work Access Equipment and Platforms

(15 minutes)

- Powered Elevating Work Platforms
- Scaffolds
- Suspended Access Equipment
- Boatwain's Chair
- Ladder

Summary and Review

(50 minutes)

- Key Learning Concepts
- Review Questions