



## Course Goal

To understand common fall protection systems as they apply to the construction work environment, and to develop a greater appreciation for the safe work environments they help create.

## 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. Properly perform the following tasks during the skills development sessions:
  - Skills Verification #1 – Student performed an inspection of fall protection equipment. (9.2.2 (h))
  - Skills Verification #2 – Student completed a proper harness fitting. (9.2.2 (i))
  - Skills Verification #3 – Student completed a proper harness partner check. (9.2.2 (i))
  - Skills Verification #4 – Student completed harness connection exercise. (9.2.2 (l))
3. Achieve a minimum of 75% on the closed book written test.

## Learning Objectives

### Working at Height

1. Appreciate the evolution and present state of fall protection.
2. Identify fall hazards and other associated hazards as they appear in the workplace.
3. Understand the role of safe work plans in fall hazard identification.
4. Comprehend the frequency, severity, and consequences of fall incidents in the workplace.
5. Respect the gravity of working at any height.
6. Understand the dynamics of falling.

### Fall Protection Oversight

1. Identify the applicable regulatory body and its threshold height for implementation.
2. Understand the applicable fall protection equipment standards bodies.
3. Comprehend the role of safety associations and organizations.
4. Appreciate the importance of knowing worksite-specific policies.
5. Recognize the rights, roles, and responsibilities for employers and all personnel at the worksite.

### Ladders and Similar Equipment

1. Understand basic regulations pertaining to ladders at the worksite.
2. Identify different types of ladders commonly used on a construction site.
3. Comprehend correct principles of inspection, care, transportation, set-up, and usage.
4. Demonstrate proper selection.

### Controlling Fall Hazards

1. Understand the hierarchy of controls for fall protection.
2. Identify the different fall protection systems available.
3. Comprehend the basic working parameters of the fall protection systems.
4. Properly select a fall protection system for a given work situation.
5. Understand the function of a fall protection plan.

### Barriers and Other Fixed Equipment

1. Identify the different applications for guardrails, covers, safety nets and bump lines.
2. Identify the regulatory requirements for guardrails, covers, safety nets and bump lines.
3. Identify the limitations for guardrails, covers, safety nets and bump lines.
4. Identify the strength requirements for guardrails, covers, safety nets and bump lines.



# Learning Summary

## Fall Protection

### Working at Height — 8 hrs

Course #6212

#### Anchor Points

1. Comprehend the definition and anatomy of an anchor point.
2. Understand the two types of anchor points, including their limitations and hazards.
3. Appreciate and identify the applicable anchor point strength requirements.
4. Understand proper selection and usage of common anchorage connector equipment.

#### Body Holding Devices

1. Identify the only two accepted body holding devices for personal fall protection systems.
2. Understand the hazards of body belts and their limited application in personal fall protection systems.
3. Understand the working specifications and parameters for full body harnesses.
4. Comprehend the different harness classes and their applications.
5. Understand the basics of harness construction.
6. Complete a full body harness fitting, partner check and controlled weight transfer.

#### Connectors

1. Discover a variety of connecting devices.
2. Understand the definition, design, limitations, guidelines, and special considerations for:
  - Snaphooks and carabiners
  - Lanyards
  - Energy absorbers
  - Self-retracting devices
  - Vertical lifelines and fall arresters
  - Horizontal lifelines
3. Comprehend and calculate free fall distances.
4. Comprehend and calculate clearance requirements.

#### 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 content of a rescue plan.
4. Identify the role and responsibilities of employers, supervisors and employees in regards to the rescue plan and emergency procedures.
5. Gain awareness of basic rescue equipment and techniques.

#### Equipment Care

1. Comprehend general equipment care principles.
2. Complete end-user inspections of fall protection equipment.
3. Understand basic maintenance and storage principles.

#### Work Access Equipment and Platforms

1. Identify the proper control method for different work access equipment and platforms.
2. Select the appropriate fall protection equipment for different work access equipment and platforms.