



# Course Outline

## Fall Protection - Certified Instructor EM385 Competent Person – 40 hrs

Course #7438

VG3.0-2022.07.22

### Course start – Day 1

#### Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

#### Working At Height

(40 minutes)

- 2.1 Evolution of Fall Protection
- 2.2 Hazard Identification
- 2.3 Respecting Heights
- 2.4 Facts of Workplace Falls
- 2.5 Fall Dynamics

### 10 minute break

#### Fall Protection Oversight

(30 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Safety Associations and Organizations
- 3.4 Company Program
- 3.5 Conducting Due Diligence

#### Systems and Planning

(45 minutes)

- 4.1 Defining Fall Protection
- 4.2 Fall Protection Selection
- 4.3 Elimination of Fall Hazards
- 4.4 Passive Systems
- 4.5 Restraint Systems
- 4.6 Arrest Systems
- 4.7 Administrative Controls
- 4.8 Fall Protection Plans
- 4.9 Fall Hazard Survey

### 10 minute break

#### Anchor Points

(35 minutes)

- 5.1 Component Overview
- 5.2 Anchorage Types
- 5.3 Strength Requirements
- 5.4 Anchorage Connectors

#### Workshop #1 Anchor Points

(40 minutes)

- Students will be given the opportunity to discover the working specifications of select anchorage connectors.
- Students will be challenged to complete an assessment on the usability of the anchor points presented to them.

### 45 minute break / lunch

#### Body Support

(25 minutes)

- 6.1 Component Overview
- 6.2 Body Belts
- 6.3 Full Body Harness
- 6.4 Harness Considerations
- 6.5 Harness Applications
- 6.6 Harness Inspection and Fitting

#### Workshop #2

##### Full Body Harnesses

(60 minutes)

- Students will complete a harness pre-use inspection, donning, and partner check.
- Students will be challenged to assess the proper fit of different individuals in harnesses.

### 10 minute break

#### Connectors (Part 1)

(15 minutes)

- 7.1 Connectors Overview
- 7.2 Snaphooks and Carabiners
- 7.3 Lanyards

#### Workshop #3

##### Connector Compatibility

(30 minutes)

- Students will be challenged to assess various combinations of system components to determine the compatibility of the connections.

### 10 minute break

#### Connectors (Part 2)

(45 minutes)

- 7.4 Free Fall Distance
- 7.5 Energy Absorbers
- 7.6 Clearance Requirements



### Course start – Day 2

**Connectors (Part 3)**  
(40 minutes)

- 7.7 Self-Retracting Devices
- 7.8 Vertical Lifelines
- 7.9 Horizontal Lifelines

### 10 minute break

**Workshop #4 Vertical Systems**  
(35 minutes)

- Students will examine and use a VLL system. The exercise will include a review of manufacturer's user instructions to answer challenge questions regarding specifications.

**Workshop #5 Horizontal Systems**  
(35 minutes)

- Students will be challenged to set-up a temporary HLL system at floor level. The exercise will include a review of manufacturer's user instructions to determine clearance requirements for the system.

**Workshop #6 Climbing and Positioning**  
(35 minutes)

- Students will be challenged to answer a series of workbook questions regarding the working specifications of these connectors.
- Students will be given the opportunity to complete a short climb using twin leg lanyards and a work positioning strap.

### 10 minute break

**Descent and Rescue**  
(20 minutes)

- 8.1 Component Overview
- 8.2 Rescue Requirements
- 8.3 Suspension Trauma
- 8.4 Response Planning
- 8.5 Equipment and Techniques
- 8.6 Post Fall Protocol

**Workshop #7 Descent and Rescue**  
(30 minutes)

- Instructor will demonstrate both an emergency descent system and a basic rescue system to further expand students' understanding of this component.

**Equipment Care**  
(25 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage

### 45 minute break / lunch

**Workshop #8 End-User Inspections**  
(40 minutes)

- Students will be challenged to complete a series of end-user inspections on common fall protection equipment to determine their serviceability.

**Work Applications**  
(30 minutes)

- 10.1 Regulatory Requirements
- 10.2 Construction and Industrial
- 10.3 Utilities and Communications
- 10.4 Transportation, Energy and Mining
- 10.5 Dropped Object Protection

### 10 minute break

**Workshop #9 System Analysis**  
(65 minutes)

- Students will be challenged to examine personal fall arrest systems to determine their acceptability for use.

### 10 minute break

**Mid Course Review**  
(40 minutes)

- 11.1 Review for Sections 2–5 (crossword)
- 11.2 Review for Sections 6–9 (index cards)



### Course start — Day 3

#### Engineering Manual 385

(40 minutes)

- 12.1 U.S. Army Corp of Engineers
- 12.2 Program Components
- 12.3 Key Roles
- 12.4 Essential Documents
- 12.5 Technical Standards
- 12.6 Fall Protection Requirements

### 10 minute break

#### Workshop #10 EM385 Fall Protection Standard

(120 minutes)

- Part A — Students will be provided with a copy of section 21 (fall protection) of the EM385 standard. Using this course resource booklet, students will be challenged to answer a variety of specific questions using this document in order to learn more about the requirements of the standard
- Part B — Students will be shown images of workers at-height using fall protection systems and will be challenged to identify possible contraventions of the standard

### 10 minute break

#### Fall Protection FAQs

(60 minutes)

- 13.1 Fall Protection Resources
- 13.2 Harness Selection
- 13.3 Capacity Rating
- 13.4 Energy Absorber Labels
- 13.5 Classes of Self Retracting Devices
- 13.6 Inspection of Self Retracting Devices
- 13.7 Leading Edge
- 13.8 Prompt Rescue
- 13.9 Rescue Planning

### 45 minute break / lunch

#### Fall Protection Planning

(30 minutes)

- 14.1 Developing a Plan

#### Workshop #11 Fall Protection Planning

(90 minutes)

- In small working groups, students will be challenged to examine a work at-height scenario and develop a fall protection plan for the given work situation

### 15 minute break

#### Summary and Review

(60 minutes)

- 15.1 Key Learning Concepts
- 15.2 Review Questions



### Day #4

#### Course Introduction (8:00 - 8:50 am)

- Instructor/Participant Introductions
- Course Goal and Objectives
- Course Schedule Overview
- Instructor Kit Distribution and Contents
- Instructor Record Booklet
- Instructor ID Numbers, Passwords and SafetyNet Access
- Instructor Certificate Overview

#### Instructor Guides (8:50 - 9:20 am)

- Authorized Person (AP) Essentials and Comprehensive Course – Introduction and Scope
- Course Descriptions
- Course Outlines
- Course Duration and Class Size
- Course Certificates and Recertification Process
- Training Location and Material Requirements
- Course Delivery Checklist

### 10 Minute Break

#### Adult Education Principles (9:30 - 10:00 am)

- Instructor Preparations – First Impressions, Attitudes, and Motivation
- Student Learning Styles
- Self-Direct Learning (Socratic method)
- Developing your Personal Instructor Style

#### Lesson Planning (10:00 - 10:50 am)

- Lesson Plan Structure
- Using Lesson Plans and Instructor Preparation
- Students are assigned and prepare a short segment of the AP Comprehensive course for teach back

### 10 Minute Break

#### Practice Teaching Sessions (11:00 - 12:15 pm)

- Students deliver their assigned course segment to the group
- Instructor and student feedback provided after each teaching segment

### 45 Minute Lunch/Break

#### Workshop Delivery Overview (1:00 - 2:30 pm)

- Workshop #1 – Anchor Points
- Workshop #2 – Full Body Harnesses (**SDS**)
- Workshop #3 – Connector Compatibility
- Workshop #4 – Vertical Systems
- Workshop #5 – Horizontal Systems
- Workshop #6 – Climbing and Positioning
- Workshop #7 – Descent and Rescue
- Workshop #8 – End-User Inspections (**SDS**)
- Workshop #9 – System Analysis (**SDS**)
- Workshop #10 – EM385 Fall Protection Standard
- Workshop #11 – Fall Protection Planning

### 15 Minute Break

#### Content and Regulatory Review / Assessment (2:45 - 3:45 pm)

- Students complete the written assessment in Part A and B of the instructor record booklet (IRB)
- Provide the CP Course resource booklet (OSHA) for completion of Part B

#### Day 4 Summary (3:45 - 4:00 pm)

- Provide a brief overview of the next day's agenda
- Assign students teaching segments for the final delivery assessment (classroom and workshop)



### Day #5

**Course Delivery  
Preparation**  
(8:00 - 9:30 am)

- Students are provided an in-class opportunity to finish preparations for their final teaching assessments for both their classroom and workshop deliveries

#### 15 Minute Break

**Course Delivery  
Assessment**  
(9:45 - 12:15 pm)

- Students deliver their assigned course segments to the group (classroom and workshop)
- Instructor records teaching assessments in Part D and E of the Instructor Record Booklet

#### 45 Minute Lunch/Break

**Program  
Administration**  
(1:00 - 2:15 pm)

- Administrative Guide Overview
- Instructor Certificate Validation and Recertification
- Electronic Presentation Updates and Access
- Obtaining Student Activations
- Theory Test Administration – Students complete Student Record Booklet (SRB) review exercise
- Record Keeping Requirements
- 3M Safety Training Portal – SafetyNet
- Frequently Asked Questions (FAQs)

#### 15 Minute Break

**Course Administration  
and Curriculum  
Assessment**  
(2:30 - 3:15 pm)

- Students complete the written assessment in Part C and F of the Instructor Record Booklet
- Instructor provides correction and records assessments

**Course Summary**  
(3:15 - 4:00 pm)

- Students provided an opportunity to review instructor comments for Parts A-F of the instructor record booklet
- Review conditions of training certificate
- Complete instructor profile information
- Outline post course action plan