

**SAFETY
TRAINING**

Fall Protection > Competent Person

An intensive course for developing the skills and knowledge needed to train employees to perform the duties of competent persons.

Competent persons are designated by the employer to identify hazards and take corrective action. They also ensure compliance with the location's fall protection policies and procedures.

This in-depth class provides you with an understanding of:

- The hazards posed by falls.
- Calculating fall forces.
- Methods of fall protection.
- Designing and implementing a fall arrest program.
- Selecting, inspecting and maintaining fall arrest equipment.
- Training workers and competent persons.
- Emergency procedures.

Course materials include a complete course curricula, along with checklists and forms that are essential for any comprehensive fall protection program.



Course Outline

Introduction to Fall Protection

- Fall Basics
- Fall Protection Regulations
- Qualified and Competent Persons

Physics of a Fall

- Basic Terminology
- Fall Distances and Forces

Types of Fall Protection

- Fall Restraint
- Positioning Systems
- Personal Fall Arrest Systems

Equipment

- Maintenance
- Inspection

Rescue

Other Fall Protection Standards

- 29 CFR 1910: General Industry
- 29 CFR 1926: Construction

Fall Protection for Construction

- Guardrails and Safety Nets
- Warning Line Systems
- Controlled Access Zones (CAZ)
- Fall Protection Plans