



SAFETY
TRAINING

Fall Protection > Employee Training

Anyone who uses fall protection equipment must be trained.

After completing this course, students will be able to identify the four main components of fall arrest systems, perform hazard assessments, calculate fall forces/distances, and perform simple rescues.

Course materials and training are in accordance with applicable federal and state OSHA regulations.

Course Outline

Introduction to Fall Protection

- Fall Basics
- Overview of the Fall Protection Regulations
- Fall Protection Policies and Procedures
- Qualified and Competent Persons

Physics of a Fall

- Basic Terminology
- Fall Distances

Types of Fall Protection

- Fall Hazard Assessment Form
- Hierarchy of Controls
- Fall Restraint
- Positioning Systems
- Personal Fall Arrest Systems

Other Fall Protection Challenges

- Walking - Working Surfaces
- Ladders
- Guardrails and Safety Nets
- Warning Line Systems and Controlled Access Zones
- Safety Monitoring Systems

Equipment Maintenance and Inspection

Rescue