



Safety and Rescue Training
for high-hazard work activities

**Confined Space
Fall Protection
Excavation
Forklift**

Fall Protection > Competent Person

An intensive course for developing the skills and knowledge needed 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.

Course materials include checklists and forms that are essential for any comprehensive fall protection program.

Course Objectives

When you have completed this class you should be able to:

- Calculate fall clearances and arresting forces.
- Distinguish between and describe the requirements for fall restraint, work positioning, and fall arrest systems.
- Develop a fall protection plan by using the hierarchy of controls.
- Summarize fall protection requirements for scaffolds, aerial work platforms, short duration tasks, and other unique situations.
- Provide oversight and on-the-job training to users of fall protection equipment.
- Implement and administer a formal equipment inspection program.
- Conduct an audit of walking-working surfaces.
- Respond properly in an emergency.

Course Outline

Introduction to Fall Protection

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

OSHA Regulations

- Trigger Heights
- General Industry Regulations
- Construction Regulations

Exposure to Fall Hazards

- Roofs
- Jobs of Short Duration
- Working Over Water

Controlling Fall Hazards

- Hierarchy of Controls
- Fall Hazard Assessment Forms

Fall Protection Systems Criteria

- Guardrails, Safety Nets, Warning Line Systems

Horizontal and Vertical Lifelines

- Vectors and Angles of Attachment
- Lifeline Calculations

Equipment Inspection/Maintenance

- Inspection Regulations and Standards
- Software Inspection
- Hardware Inspection

Our programs reflect:

ANSI/ASSE Z490.1 *Criteria for Accepted Practices in Safety, Health, and Environmental Training*

