

## Fall Protection > Hands On Clinic



Safety and Rescue Training  
for high-hazard work activities

**Confined Space**  
**Fall Protection**  
**Excavation**  
**Forklift**

This class is designed to provide hands-on experience with a variety of fall protection systems. This training (along with two days of classroom training) is required for competent persons who work on USACE projects and others who must comply with the corps' safety requirements.

It can also be attended by those who wish to get a better understanding of fall protection systems. This class will be held at the Kennewick Fire Training Center.

Prerequisites for Competent Person certification: Students who wish to receive certifications that meet the EM385-1-1 standard must complete D2000 Safety's Fall Protection Competent Person class before attending this class.

No prerequisites for other students.



### Class Outline

#### Fall Restraint

- Anchors
- Adjustable Lines
- Multi-lines

#### Fixed Ladders

- Y-Lanyards
- SRLs
- Vertical Life-lines

#### Non-Certified Anchors

- Identifying Lines of Force
- Abrasion Management
- Angles of Attachment
- Structures and Force Transmission
- Swing Falls

#### Steep Angle

- Descending
- Ascending

#### Rescue

- Fixed Ladder
- Fallen Worker
- Suspension Trauma Management

All training will reflect ANSI Z359 standards as well as EM 385-1-1 requirements.

D2000 Safety's Hands On Clinic enrollment will be limited to twelve students.

Students should bring their harnesses, helmets/hardhats, gloves, eye protection, and sturdy footwear.

Our programs reflect:

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

