



Safety and Rescue Training
for high-hazard work activities

**Confined Space
Fall Protection
Excavation
Forklift**

Fall Protection > User Training

Anyone who uses fall protection equipment must be trained.

After completing this one-day course, students will be able to inspect their equipment, identify the four main components of fall arrest systems, calculate fall forces/distances, comply with the requirements of a fall protection plan and perform simple rescues.

Course materials and training reflect applicable federal and state OSHA regulations.

Course Objectives

When you have finished this course you should be able to:

- Calculate fall clearances and arresting forces.
- Distinguish between fall restraint, work positioning, and fall arrest.
- Don and adjust a harness.
- Inspect fall protection equipment.
- List symptoms and means of preventing suspension trauma.
- Respond properly in an emergency.



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

Course Outline

Introduction to Fall Protection

Fall Basics
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

Ladders
Floor Openings

Equipment Maintenance/Inspection

Inspection Process
Retiring Equipment

Rescue

Types of Rescue
Rescue Plans and Procedures

Our programs reflect:

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

