

Course Description

This advanced fall protection course is for individuals looking to deepen their knowledge of fall protection systems and safety practices. The training offers detailed guidance on system selection, equipment application, and hazard evaluation across various environments. Participants will review core concepts while gaining expanded insight into components and configurations. Emphasis is placed on practical decision-making and proper application. By course end, workers will be better equipped to assess hazards, apply complex systems, and work at height with greater awareness and preparedness.



Duration: 8 Hours

Course Objectives:

- Appreciate the severity of fall hazards in the workplace
- Recognize key fall protection regulations for personal systems
- Comprehend the different types of fall protection options
- Identify components of work positioning, restraint, and arrest systems
- Understand safe anchor point selection and connection practices
- Demonstrate proper harness donning and fit-check procedures
- Examine connector types, uses, and limitations
- Explore the various vertical and horizontal systems
- Perform pre-use inspections of fall protection equipment

Course Content:

Chapter 1 — Facts of Falling	Chapter 7 — Lifelines
Chapter 2 — Fall Safety Governance	Chapter 8 — Rescue and Retrieval
Chapter 3 — Mitigation Methods	Chapter 9 — Equipment Care
Chapter 4 — Anchor Points	Chapter 10 — Course Summary
Chapter 5 — Body Wear	
Chapter 6 — Connectors	

Target Audience:

This course is intended for individuals across various industries including construction, manufacturing, oil and gas, and utilities where tasks are performed at height. This course is ideally suited for individuals who want to develop a greater level of understanding than what is offered in basic entry-level training, but not to the extent required for a Competent Person role. It is designed for those seeking more detail on fall protection systems, improved equipment application, and the ability to work more safely in complex elevated environments.

Course Format:

This advanced course combines in-depth classroom instruction with expanded workbook activities and scenario-based discussions to challenge participants beyond the foundational level. Learners will engage in a series of hands-on exercises that build progressively, reinforcing system evaluation, equipment selection, and real-world decision-making.

Certification:

Participants who successfully complete the course will receive an Advanced Authorized Person certificate of completion, recognizing their extended knowledge of fall protection practices. The certification remains valid for a two-year period, after which recertification is required.