

Course Description

Any worker performing duties at height or exposed to fall hazards must have the proper education and understanding to implement fall protection safely. This course addresses that need by providing a clear, practical overview of fall safety. Participants will learn foundational concepts of personal fall protection systems, including components, proper use, and limitations. The training delivers easy-to-understand principles to help workers apply fall protection measures correctly. With the right knowledge, workers are better equipped to take control of their safety at height.

Duration: 4 Hours

Course Objectives:

- Appreciate the severity of fall hazards in the workplace
- Recognize when fall protection is required by regulation
- Identify components of a complete personal fall protection system
- Understand safe anchor point selection and connection practices
- Demonstrate proper harness donning and fit-check procedures
- Comprehend basic connector types, uses, and limitations
- Understand requirements for pre-use inspections of fall equipment

Course Content:

Chapter 1 — Fall Protection Essentials
Chapter 2 — Anchor Points
Chapter 3 — Body Wear
Chapter 4 — Connectors
Chapter 5 — Lifelines
Chapter 6 — Equipment Care
Chapter 7 — Course Summary

Target Audience:

The range of typical attendees for this course is extremely broad, as it applies to workers across nearly any profession or industry who perform duties at height or are exposed to potential fall hazards. Regardless of job type, all workers in these situations need a foundational understanding of fall protection to apply safety measures effectively in real-world environments.

Course Format:

This half-day Authorized Person Fall Protection course is delivered in a classroom setting and incorporates a range of instructional techniques to present material in an engaging and enjoyable manner. The instructional design of the curriculum is intended to support student understanding and retention of key concepts. In addition to classroom learning, practical exercises such as harness fitting are included to reinforce instruction through hands-on application and help participants better grasp core elements of fall protection safety.

Certification:

Participants who successfully complete the course will receive a certificate of completion, recognizing their understanding of fall protection principles and practices. The certification remains valid for a two-year period, after which recertification is required.

