

Course Description

This comprehensive course is designed to equip individuals with the knowledge and skills necessary to become a competent person in fall protection. Participants will gain a deep understanding of fall hazards, prevention methods, and regulatory requirements. Upon completion, participants will be able to identify potential fall hazards, select appropriate fall protection equipment, and implement effective fall prevention programs.

Duration: 16 Hours

Course Objectives:

- Recognize common fall hazards and sources in the workplace
- Identify OSHA and ANSI fall protection requirements
- Understand the fall hazard assessment and planning process
- Appreciate the proper order of fall protection system selection
- Identify key components of a personal fall protection system
- Assess anchor point suitability for restraint or arrest systems
- Demonstrate proper harness donning and fit check procedures
- Differentiate suitable applications of various connectors
- Determine fall clearance requirements and free fall distances
- Understand the function of vertical and horizontal systems
- Comprehend fall protection rescue requirements and planning
- Conduct competent person-level equipment inspections
- Apply fall protection knowledge to work-at-height scenarios

Course Content:

Chapter 1 — Facts of Falling	Chapter 7 — Lifelines and Systems
Chapter 2 — Fall Safety Governance	Chapter 8 — Rescue and Retrieval
Chapter 3 — Mitigation Methods	Chapter 9 — Fall Protection for Tools
Chapter 4 — Anchor Points	Chapter 10 — Equipment Inspector
Chapter 5 — Body Wear	Chapter 11 — Applied Learning
Chapter 6 — Connectors	Chapter 12 — Course Summary

Target Audience:

This course is designed for individuals working in industries where fall hazards are a significant concern, including construction, manufacturing, oil and gas, and utilities. It is particularly valuable for safety professionals, supervisors, and managers responsible for maintaining a safe work environment and adhering to fall protection standards. Participants who oversee worksite safety, conduct hazard assessments, or manage fall protection programs will benefit from the in-depth knowledge and practical applications covered in this course.

Course Format:

The course combines classroom instruction, workbook exercises, and hands-on activities to engage participants and build a solid understanding of fall protection concepts. Interactive methods encourage critical thinking about safety principles, helping participants apply their knowledge effectively in real-world situations.

Certification:

Upon successful completion of the course, participants will receive a certificate of completion that demonstrates their competency in fall protection. The certification remains valid for a two-year period, after which recertification is required.

