

## Course Description

Worksites with employees exposed to fall hazards need more than just equipment—they need qualified individuals to provide oversight, enforce protocols, and support compliance. This course prepares participants to serve as a Competent Person in fall protection, meeting the requirements of the EM 385-1-1 safety standard. Participants will gain a solid understanding of fall hazards, prevention strategies, and regulations. Upon completion, individuals may be designated as the site's fall protection Competent Person, serving in this critical safety role.

**Duration:** 24 Hours

### Course Objectives:

- Recognize common fall hazards and sources in the workplace
- Identify OSHA, ANSI, and EM385-1-1 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:

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| • Chapter 1 — Facts of Falling              | • Chapter 8 — Rescue and Retrieval      |
| • Chapter 2 — Fall Safety Governance        | • Chapter 9 — Fall Protection for Tools |
| • Chapter 3 — Mitigation Methods & Planning | • Chapter 10 — Equipment Inspector      |
| • Chapter 4 — Anchor Points                 | • Chapter 11 — Applied Learning         |
| • Chapter 5 — Body Wear                     | • Chapter 12 — EM385 Standard           |
| • Chapter 6 — Connectors                    | • Chapter 13 — Standard Application     |
| • Chapter 7 — Lifelines and Systems         | • Chapter 14 — Course Summary           |

### Target Audience:

This course is designed specifically for individuals who will be performing or overseeing work at height on projects governed by the U.S. Army Corps of Engineers, where compliance with EM 385-1-1 standards is required. It is ideal for safety professionals, supervisors, managers, and others responsible for managing fall protection programs, overseeing worksite safety, and supporting regulatory compliance.

### Course Format:

The course combines classroom instruction, workbook exercises, and hands-on activities to engage participants and strengthen their understanding of fall protection concepts. It also incorporates interactive methods that encourage critical thinking and improve the ability to apply this knowledge in real-world scenarios.

### 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.

