

Course No.8

Fall Protection

Complies with OSHA for Industrial Establishments Reg 851 sec: 85 & Construction Regs 213 Sec: 26

Recommended for: Any person working over 3 meters and/or operating man-up equipment
IE: Aerial work platforms, order pickers or any height work, IE ladders scaffolding, roofs and confined space.

Objective: After completing the course the participants will be able to discuss and apply related facts and statistics outlining the problems when working at height, fall protection techniques, personal fall protection system components (anchors, harnesses & connecting devices), personal fall protection system configurations (restraint, fall restriction, fall arrest), equipment inspection, donning and fit testing, fall clearance distance calculations, fall protection requirements on lifts and ladders and related legislation for fall prevention and protection.

Benefits: **Reduction** in Incidents (which lead to **accidents**)
Reduction in **WSIB claims**

Course Time: **Theory: 4hrs** **Practical: 10mins per person ***

Knowledge and Skill to be acquired:

- Introduction, Fall protection accident statistics
- Legislation, regulations, fall prevention v fall protection
- Fall protection systems, anchor points, Donning and fit test
- Rescue planning
- Fall forces and calculations, and practical methods
- Fall protection on lifts and ladders, legal requirements & practical methods.

Theory and Practical Competence Evaluation:

Theory: Multiple choices (80% pass mark)

Practical: Each participant must be able to don and fit test the harness correctly

Once all participants have been through the theory and practical elements of the course and have achieved a passing grade, a certificate of attendance and participation will be provided with all necessary documentation.

* Multiple harnesses recommended to speed up donning of harness time.

