

# Fall Protection Training Overview

## Target Audience

- Workers and supervisors who are required to work at heights and who may be required to use fall protection equipment.

## Learning Outcomes

- Participants will:
  1. Review fall protection requirements, systems & equipment;
  2. Review the planning process and documentation required; and
  3. Perform fall protection equipment inspections.

## Delivery Method

The Fall Protection class is divided into

- Theory; and
- Practical & Hands-on.

**Instructional Time:** ½ day



## Demonstration of Skills and Knowledge

- Inspection of fall protection equipment; and
- Complete an exam (75% passing grade required)

## Topics

- |                                     |  |
|-------------------------------------|--|
| 1. When to use fall protection;     | 11. Proper use of rope grab;                                   |
| 2. Written fall protection program; | 12. Proper use of lanyards & retractable lanyard;              |
| 3. Hierarchy of fall protection;    | 13. Proper selection of an anchor point;                       |
| 4. Types of fall protection;        | 14. Horizontal lifelines;                                      |
| 5. WCB Regulation and overview;     | 15. Ongoing inspection of equipment;                           |
| 6. Calculating the fall clearance;  | 16. Retiring the system;                                       |
| 7. Realizing the fall forces;       | 17. Cleaning your system; and                                  |
| 8. Deciding on a system;            | 18. During and after a fall and rescue procedure introduction. |
| 9. Initial system inspection;       |  |
| 10. Fitting the harness;            |  |

## Fall Protection One Day Course

**Instructional Time:** 1 day

This class will cover all of the topics that are covered in the half-day course with an additional practical, hands-on, fall protection training session. This will include advanced equipment inspection, full set up of fall protection systems, and implementation of a written fall protection plan.

See next page for budgeting information

**Toll Free: 1.800.665.5244**

**Call Us: 604.461.5444**



## Fall Protection Budgeting for Training

### Training Options

#### Fall Protection 2 hour review

- 2 hours
- \$745.00 up to 12,
- additional students up to 18 are \$55.00

#### Fall Protection 4 hour review

- 4 hours
- \$940.00 up to 12,
- additional students up to 18 are \$95.00

#### Fall Protection Awareness

- 8 hours
- \$1835.00 up to 12,
- additional students are up to 18 are \$195.00



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