

## Fall Protection

This course provides an overview of state-of-the-art technology for fall protection and current OSHA requirements. Topics covered include the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment, and OSHA policies regarding fall protection. Course features hands on review of fall protection equipment and practical application.

Duration: 4 or 8 Hour Program

### **SCOPE & REQUIREMENTS for FALL PROTECTION**

General Industry  
Construction

### **OVERVIEW**

Competent Person  
Qualified Person  
Fall Hazards

### **ANCHOR POINT REQUIREMENTS**

#### **HARNES & LANYARD**

Selection & Sizing  
Maintenance, Use, & Inspection  
Shock Absorbers, Double Locking Snap  
Hooks, & Carbineer's

### **FALL PROTECTION SYSTEMS**

Personal Fall Arrest Systems  
Personal Fall Restraint Systems  
Covers  
Guard Rails  
Safety Monitoring  
Warning Lines  
Hoist Areas  
Holes  
Wall Openings  
Working Over Dangerous Equipment

### **ADDITIONAL EQUIPMENT**

Rope Grabs, Ropes, Roof Anchors  
Permanent Anchor Point  
Portable Anchor Points  
Retractable