



COURSE OUTLINE

BASIC THEORY MODULE (195 MINUTES)

COURSE INTRODUCTION (30 MINUTES)

- Instructor Introduction
- The Purpose of the Course
- Course Requirements
- Course Certification
- Certification Card
- Student Record & Temporary Certificate

WORKING AT HEIGHTS (30 MINUTES)

- Evolution of Fall Protection
- Hazard Identification
- Facts of Falling
- Respecting Heights
- Falling Dynamics

FALL PROTECTION OVERSIGHT (35 MINUTES)

- Regulatory Bodies
- Standards Bodies
- Safety Associations & Organizations
- Workplace-Specific Policies
- Rights & Responsibilities

15 MINUTE BREAK

LADDERS & SIMILAR EQUIPMENT (50 MINUTES)

- Overview
- Regulations
- Types
- Selection
- Inspection & Storage
- Transportation & Set-up
- Climbing & Working
- Review & Summary

CONTROLLING FALL HAZARDS (35 MINUTES)

- Hierarchy of Controls
- Warning Methods
 - Signs
 - Bump Lines
- Physical Barriers
 - Safety Nets
 - Gaurdrails
 - Fencing
 - Covers
- Personal Protective Equipment
 - Travel Restraint Systems
 - Fall Arrest Systems
 - Fall Restriction Systems

PRACTICAL MODULE (270 MINUTES)

BARRIERS & OTHER FIXED EQUIPMENT (20 MINUTES)

- Guardrails
- Covers
- Safety Nets
- Bump Lines

ANCHOR POINTS (25 MINUTES)

- Anchor Points Overview
- Anchor Point Types
- Strength Requirements
- Anchorage Connectors

BODY HOLDING DEVICES (35 MINUTES)

- Body Holding Devices Overview
- Safety Belts
- Full Body Harnesses
- Classification
- Construction
- Harness Fitting

10 MINUTE BREAK

CONNECTORS (65 MINUTES)

- Connectors Overview
- Snaphooks & Carabiners
- Lanyards
- Free Fall Distance
- Energy Absorbers
- Clearance Requirements
- Self-Retracting Lifelines
- Vertical Lifelines & Fall Arresters
- Horizontal Lifelines

10 MINUTE BREAK

DESCENT & RESCUE (15 MINUTES)

- Rescue Requirements
- Suspension Trauma
- Rescue Planning
- Equipment & Techniques

EQUIPMENT CARE (25 MINUTES)

- Equipment Inspection
- Maintenance & Storage

WORK ACCESS EQUIPMENT & PLATFORMS (15 MINUTES)

- Powered Elevating Work Platforms
- Scaffolds
- Suspended Access Equipment
- Boatswain's Chairs
- Ladders

SUMMARY & REVIEW (50 MINUTES)

- Golden Rules of Fall Protection
- Review Questions
- Theory Test & Certification

