



Course Start

Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

Working At Height

(15 minutes)

- 2.1 Hazard Identification
- 2.2 Respecting Heights
- 2.3 Facts of Workplace Falls
- 2.4 Fall Dynamics

Fall Protection Oversight

(10 minutes)

- 3.1 Regulatory Bodies
- 3.2 Company Program

Systems & Planning

(15 minutes)

- 4.1 Defining Fall Protection
- 4.2 Passive Systems
- 4.3 Personal Systems
- 4.4 Fall Protection Plans

Anchor Points

(15 minutes)

- 5.1 Component Overview
- 5.2 Certified Anchorages
- 5.3 Strength Requirements

Body Support

(40 minutes)

- 6.1 Component Overview
- 6.2 Full Body Harnesses
- 6.3 Harness Considerations

Skills Development Session #1

Harness Fitting & Partner Check

- Complete a pre-use inspection of a full body harness.
- Perform a proper full body harness fit and partner check

15 minute break

Connectors

(30 minutes)

- 7.1 Connectors Overview
- 7.2 Snaphooks & Carabiners
- 7.3 Lanyards
- 7.4 Free Fall Distance
- 7.5 Energy Absorbers
- 7.6 Clearance Requirements

Descent & Rescue

(10 minutes)

- 8.1 Component Overview
- 8.2 Rescue Requirements
- 8.3 Suspension Trauma
- 8.4 Response Planning
- 8.5 Post Fall Protocol

Equipment Care

(25 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage

Skills Development Session #2 End-User Inspections

- Students will be challenged to complete a short series of end-user inspections on basic fall equipment to determine their serviceability.

Summary & Review

(35 minutes)

- 10.1 Regulatory Requirement
- 10.2 Work Application
- 10.3 Key Learning Concepts
- 10.4 Review Questions