



Fall Protection Competent Person – Refresher

Course Description

It is important to periodically review the fundamentals of fall protection systems to help maintain the highest level of safety at the worksite. This refresher training will concentrate on the skill sets of a Competent Person. This one-day session will not only include a review of previously learned course content but will also highlight any recent changes and developments to regulations, equipment standards, and best practices.

The instructor-led program will guide students through the prescribed curriculum using a series of workshop activities. The course goal remains to expand students' knowledge and ability to identify hazardous conditions, develop programs, and make equipment selections to properly deal with fall hazards.

Upon successful completion of this course, students will receive a certificate acknowledging they have demonstrated an understanding in keeping with requirements outlined by regulatory bodies (OSHA) and consensus groups (ANSI and CSA).

To learn more about our courses and to register, visit or contact us at:

Website: [3M.com/SafetyTraining](https://www.3m.com/SafetyTraining)

Email: safetytraining@mmm.com

Phone: 1-888-FALLPRO (1-888-325-5776)

Duration: 8 Hour Program
Course Code: 1424

Course Overview

- Fall hazard identification
- Fundamentals of working at height
- Fall protection oversight
- Worksite programs
- Passive systems
- Administrative controls
- Fall protection planning
- Fall arrest system components
- Positioning systems
- Equipment care
- Rescue overview
- System analysis

Note: These courses are intended to address the generalities of fall protection best practices and to complement worksite specific programs. Always consult and follow all applicable laws and regulations and your worksite specific fall protection program.