



Course Outline

Fall Protection

Competent Person Refresher — 8 hrs

Course #1424

VG2.0 20220125

Course Start

Course Introduction

(40 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record
- 1.6 What Do You Remember

Working at Heights

(10 minutes)

- 2.1 Hazard Identification
- 2.2 Facts of Workplace Falls

Fall Protection Oversight

(15 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Company Program
- 3.4 Conducting Due Diligence

Systems and Selection

(20 minutes)

- 4.1 Fall Protection Systems
- 4.2 Passive Systems
- 4.3 Restraint Systems
- 4.4 Arrest Systems
- 4.5 Administrative Controls
- 4.6 System Selection

10 minute break

Anchor Points

(30 minutes)

- 5.1 Anchorage Components and Types
- 5.2 Strength Requirements
- 5.3 Anchorage Connectors
- Refresher Exercise Anchorage Connector Installation**

Body Support

(25 minutes)

- 6.1 Full Body Harness
- 6.2 Harness Considerations
- 6.3 Harness Applications
- 6.4 Harness Inspection and Fitting
- Refresher Exercise Partner Checks**

Connectors

(20 minutes)

- 7.1 Snaphooks and Carabiners
- Refresher Exercise Connector Compatibility**
- 7.2 Lanyards
- Refresher Exercise Climbing and Positioning Lanyards**
- 7.3 Free Fall Distance

10 minute break

Connectors (Cont'd)

(60 minutes)

- 7.4 Energy Absorbers
- Refresher Exercise Energy Absorber Performance Specifications**
- 7.5 Clearance Requirements
- 7.6 Self-Retracting Devices
- Refresher Exercise Leading Edge Fall Protection Review**
- 7.7 Vertical Lifelines
- Refresher Exercise Vertical Systems**
- 7.8 Horizontal Lifelines
- Refresher Exercise Horizontal Lifeline Principles**

45 minute break / lunch

Descent and Rescue

(20 minutes)

- 8.1 Rescue Requirements
- 8.2 Suspension Trauma
- 8.3 Response Planning
- 8.4 Equipment and Techniques
- 8.5 Post Fall Protocol
- Refresher Exercise Rescue Plan Assessment**

Equipment Care

(20 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage
- Refresher Exercise End User Inspections**

Work Applications

(20 minutes)

- 10.1 Regulatory Requirements
- 10.2 Fall Hazard Survey
- 10.3 Fall Protection Plans
- Refresher Exercise Fall Protection Plan**

10 minute break

Workshop Equipment Selection

(80 minutes)

- Students will be divided into small working groups and be challenged to select equipment to construct a personal fall restraint or arrest system for a given work scenario.

5 minute break

Summary and Review

(40 minutes)

- 11.1 Key Learning Concepts
- 11.2 Regulatory Review
- 11.3 Fall Protection Resources