



Course Outline

Temporary Horizontal Lifeline Systems — 4 hrs

Course #6403

VG1.020240311

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

Horizontal Lifeline Fundamentals
(30 minutes)

- 2.1 Applications
- 2.2 Design Factors
- 2.3 System Components
- 2.4 Lifeline Types
- 2.5 Stanchions
- 2.6 Span
- 2.7 Understanding Forces

System Specifications
(15 minutes)

- 3.1 Regulatory Requirements
- 3.2 Manufacturer's Instructions
- 3.3 Anchor Points Requirements
- 3.4 Energy Absorbers
- 3.5 Line Tension

System Usage
(25 minutes)

- 4.1 System Capacity
- 4.2 Connectors
- 4.3 Free Fall Distance
- 4.4 Clearance Requirements

System Care
(10 minutes)

- 5.1 Inspection
- 5.2 Maintenance
- 5.3 Storage

15 minute break

Installation Workshops
(90 minutes)

- 6.1 System Installation Guidance
- 6.2 System Installation
 - Workshop #1 Retractable System
 - Workshop #2 I-Beam System
 - Workshop #3 Synthetic System
 - Workshop #4 Synthetic Web System
 - Workshop #5 Cable System

Note: During the workshop session, only systems applicable to participants' worksites will be covered.

Summary and Review
(25 minutes)

- 7.1 Key Learning Concepts
- 7.2 Review Questions