



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 Heights

(15 minutes)

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

Fall Protection Oversight

(15 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Safety Associations & Organizations
- 3.4 Company Program
- 3.5 Conducting Due Diligence

Systems & Planning

(25 minutes)

- 4.1 Defining Fall Protection
- 4.2 Fall Protection Selection
- 4.3 Elimination of Fall Hazards
- 4.4 Passive Systems
- 4.5 Restraint Systems
- 4.6 Arrest Systems
- 4.7 Administrative Controls
- 4.8 Fall Protection Plans
- 4.9 Fall Hazard Survey

10 minute break

Anchor Points

(35 minutes)

- 5.1 Component Overview
 - 5.2 Anchorage Types
 - 5.3 Strength Requirements
 - 5.4 Anchorage Connectors
- Workshop #1* - Anchor Point Assessments

Body Support

(35 minutes)

- 6.1 Component Overview
 - 6.2 Body Belts
 - 6.3 Full Body Harness
 - 6.4 Harness Considerations
 - 6.5 Harness Applications
 - 6.6 Harness Inspection & Fitting
- Workshop #2* - Fitting Assessments

10 minute break

Connectors

(65 minutes)

- 7.1 Connectors Overview
 - 7.2 Snaphooks & Carabiners
 - 7.3 Lanyards
- Workshop #3* - Compatibility Assessments
- 7.4 Free Fall Distance
 - 7.5 Energy Absorbers
 - 7.6 Clearance Requirements

45 minute break / lunch

Connectors (Part 2)

(60 minutes)

- 7.7 Self-Retracting Devices
 - 7.8 Vertical Lifelines
 - 7.9 Horizontal Lifelines
- Workshop #4* - SRL Clearance Exercise
- Workshop #5* - HLL Clearance Exercise
- Workshop #6* - Climbing Assessments

10 minute break

Descent & Rescue

(25 minutes)

- 8.1 Component Overview
 - 8.2 Rescue Requirements
 - 8.3 Suspension Trauma
 - 8.4 Response Planning
 - 8.5 Equipment & Techniques
 - 8.6 Post Fall Protocol
- Workshop #7* - Descent & Rescue Demo

Equipment Care

(25 minutes)

- 9.1 Equipment Care Principles
 - 9.2 Inspection
 - 9.3 Maintenance
 - 9.4 Storage
- Workshop #8* - Inspection Assessment

10 minute break

Work Applications

(25 minutes)

- 10.1 Regulatory Requirements
 - 10.2 Construction & Industrial
 - 10.3 Utilities & Communications
 - 10.4 Transportation, Energy & Mining
 - 10.5 Dropped Object Protection
- Workshop #9* - System Analysis

Summary & Review

(40 minutes)

- 11.1 Key Learning Concepts
- 11.2 Review Questions