

# FALL PROTECTION

## USER TRAINING

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**Version 4.51**

Sample

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## USER TRAINING

### COMPETENT PERSON

### BASIC TRAINING

Version 4.51

Published by:

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**IMPORTANT NOTE:** This manual is intended to supplement, not replace, the policies and procedures used in the students' work environment. While we have made every effort to ensure the accuracy of the information in this manual, different work environments pose distinct and different work challenges. The policies and procedures in place at each work location take precedence over any information in this manual.

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Sample



## COURSE INTRODUCTION

### COURSE OUTLINE

This course is designed to meet the learning needs of authorized users of fall protection equipment. *It also can be used to build the basic skills of competent and qualified persons.*

This class will cover:

- Introduction to Fall Protection
- Fall Exposures (falling objects, floor openings, ladders)
- Types of Fall Protection
- Personal Fall Arrest Systems
- Equipment Inspection
- Rescue

### COURSE OBJECTIVES

When you have finished this course you should be able to:

- Recognize conditions that can lead to slips and trips.
- Distinguish between fall restraint, work positioning, and fall arrest.
- Calculate fall clearances and arresting forces.
- Don and adjust a harness.
- Inspect fall protection equipment.
- Respond properly in an emergency.

## FALL PROTECTION BASICS

In the broadest sense it means protecting people from injury or death caused by \_\_\_\_\_ . This includes:

- 1) \_\_\_\_\_, and 2) being \_\_\_\_\_ by falling objects.

## FALL STATISTICS

About \_\_\_\_\_ workers a year die from falls. Key facts about falls include:

- The \_\_\_\_\_ the worker; the greater the \_\_\_\_\_ in the event of a fall.
- At high risk are workers with less than \_\_\_\_\_ months of experience with their current employer.
- Only \_\_\_\_\_ % of workers killed in falls were wearing fall protection equipment. Of these workers:
  - \_\_\_\_\_% were not tied off at the time of the fall.
  - \_\_\_\_\_% were using fall protection systems that were faulty in design.
- \_\_\_\_\_ % of workers fell 21-30 feet.
- \_\_\_\_\_ % of workers fell 11-20 feet.
- \_\_\_\_\_ % of workers fell 3-10 feet.

### Fall Protection

Is usually the number one source of OSHA citations followed by HazCom, Scaffolding, Respirators, and Lockout/Tagout.

To help manage these hazards we rely on:

\_\_\_\_\_ and \_\_\_\_\_ persons.