

## **Fall Protection End-User**

This one day course is designed for workers in the construction industry [industrial, commercial, residential] who work at heights. Participants will be provided with information regarding their legislated responsibility to know and understand what equipment is available to them and to know how to use various types of fall protection systems to prevent injury when assigned tasks that involve working at heights.

### **Course Objectives:**

- To advise workers on the fundamentals and regulations that apply to fall protection
- To assist workers in understanding the methods of eliminating fall hazards
- To identify the components used in a travel restraint and/or a fall arrest system
- To assist workers in understanding equipment specifications, their limitations, proper care and inspection
- To explain why proper fall protection planning needs to be implemented and the need to be prepared for a rescue, if/when needed

### **Pre-requisites: None**

### **Course Content:**

- Basic fall protection terminology
- Fall Accident Statistics
- The dynamics associated with a fall
- Governing Bodies and Regulations
- Fall Protection Systems
- Fall Protection Plans
- Travel Restraint and Fall Arrest Systems
- Anchors, Connectors, Lanyards, Self-Retracting Lifelines
- Vertical Lifelines and Fall Arresters
- Fall Clearances
- Full-Body Harnesses
- Specialty Solutions – Control Zones, Work Positioning, Descent Control Devices, Aerial Lifts, Ladders, Scaffolding
- Equipment Care and Safety Harness Inspection Process
- Rescue

### **Certification:**

This course has a written exam component for which participants must achieve a minimum score of 80% for course certification.

### **Note:**

This course is provided through the Fall Protection Group and meets the current OSSA Fall Protection Standard.

