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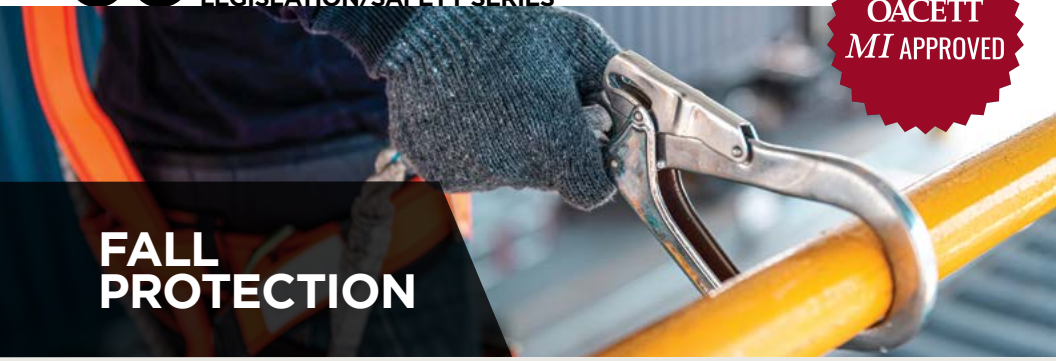

FALL PROTECTION

Course Overview Falls are a major cause of workplace injuries and deaths. The proper use of fall protection equipment could prevent these injuries and fatalities, however workers often fail to use fall protection equipment at all – or use it incorrectly. This one-day workshop has been developed for participants who have little to no working knowledge of working from heights, though it may also be used as a refresher course for more experienced workers. Participants must complete both theory and practical components of training in order to receive a certificate of completion.

Who Should Attend: Student operators and/or any person(s) responsible for Working at Heights as part of their job.

Classroom Topics

- The legislative requirements (Government Regulations and CSA Standards)
- The duties and responsibilities of all workplace stakeholders
- When and why fall protection and related equipment is required
- Methods used in fall protection and fall prevention
- Harness donning and doffing procedures
- Proficiency in harness 'Fit Testing'
- How to install a rope grab on a horizontal and vertical lifeline
- Proficiency in proper tie-off techniques
- How to use a beam strap to create a secure anchor point

Learning Objectives: With successful completion of the training the trainee will know: applicable safety legislations and standards; when fall protection is required; Components of a personal fall arrest system and safety walk around checklist; how to perform a hazard assessment; rescue/escape planning; types of fall protection equipment; how to properly inspect, put on and adjust a harness.

Evaluation/Documentation: A theory exam and/or a practical exam (using equipment) will be used to thoroughly evaluate the student. For due diligence purposes, the organization/municipality will receive a certificate of completion for each participant who completes the program.

About the Facilitator: This course is presented by **Ground Force Training Inc.** and affiliated companies.