OACETT *MI* APPROVED

LEGISLATION/SAFETY SERIES 06

WORKING AT HEIGHTS

Course Overview As of April 1, 2015, (O. Reg. 297/13; Occupational Health and Safety Awareness and Training Regulation) employers must ensure that certain workers complete a working at heights training program that has been approved by the Chief Prevention Officer and delivered by an approved training provider before they can work at heights. This training program is a one-day course for the student operator and/or any person(s) responsible for Working at Heights as part of their job. There is a classroom component as well as a hands-on component to the training.

Who Should Attend: Workers on construction projects who use any of the following methods of fall protection: travel restraint systems, fall restricting systems, fall arrest systems, safety nets and work belts or safety belts.

Classroom Topics

- The legislative requirements (Government Regulations, CSA Standards and Manufacturers' Guidelines and Principles)
- The duties and responsibilities of all workplace stakeholders
- The hazards of working at heights
- Methods of fall protection and fall prevention
- Warning methods and physical barriers
- Ladder safety and working from scaffolding
- The requirements for the formulation and implementation of a rescue plan
- 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 the governing rules and regulations; the responsibilities of the worker, supervisor and employer; the various types of devices available and their use; how to inspect and use harnesses, lanyards and anchors and understand rescue plans.

Evaluation/Documentation: Written test, oral exam and/or practical assessment (on equipment). The employer will receive a certificate of completion for each participant who successfully completes the course.

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