

# Fall Protection Course



This course is intended to create a basic awareness of the elements of protecting workers at heights.

This course will provide students with the Basics of Fall Protection, general information about fall protection and controls. Students will learn about the various types of fall protection required for specific hazards that are encountered in typical workplaces. Participants will be asked to bring their own fall arrest personal equipment with them. If they have any, for practical demonstrations of donning and doffing and correct fit. Inspection of equipment will also be covered. The program will cover reasons for fall arrest, WCB regulations covering fall arrest and how to implement a fall-arrest program.

Occupational Health & Safety Regulations 11.2 and 11.4 mandates that employees are responsible to ensure that all employees who work three meters (10 feet) or more above ground are instructed in fall protection systems applicable to their respective place of employment and upon receiving training, wear and use the necessary fall protection equipment.

## Course Outline:

- Fall Protection/ fall arrest theory
  - Conventional fall protection
  - Hand rails, Guardrails, Safety nets, etc.
  - Recognition and Identification of fall Hazards
  - Development of fall Protection Program
  - Fall Restraint System
  - Fall Arrest System
  - Body Support Selection and Application
  - Connecting Means: New Standards and Designs
  - Anchorage Points
  - Vertical and Horizontal lifelines
  - Rescue in fall protection / Fall Arrest program
  - Inspection and maintenance of fall protection equipment
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- Provide participants with a general understanding of the safe and efficient use and care of fall arrest equipment
  - Meet your obligations under the Occupational Health and Safety Act & Regulations.
  - To insure all participants are knowledgeable in when and how to use fall arrest protection
  - Give each participant an opportunity to use a safety harness and adjust correctly to his or her body type

## Course Length:

(4) four hours

## Who should attend fall and arrest training?

Safety managers, supervisors, foreman and human resources personnel. Any person who is required to work or be exposed to varied elevations or have a potential for injury from a fall.

## Where do we train?

We will train anywhere in North America, we are proud to be serving our surrounding areas, British Columbia, Alberta and the US. We prefer onsite training or your employees can come to our site.

## Course Material:

Fall protection awareness manual

A basic fall protection Training wallet card will be provided to those participants who successfully complete the course.

**Fees:** \$ 90.00 per student

Any questions please call or email. Your employees or your life depends on it.



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