



Colston Safety and Training, Inc.
Fall Protection: Competent Person

Prerequisites: This course shall have no prerequisite.

Course Length: 4-6 hours - Course length shall vary depending on the number of students. Total course time does not include breaks.

Class Size: The maximum number of students that may be trained and tested per instructor shall be Twenty (20) in the classroom session and Twenty (20) in the practical session.

Course Objective:

- The objective of this course is to inform personnel of the regulations regarding Fall Protection.
- Provide the relevant information associated with the types, proper inspection, use and safe practices when using Fall Protection.
- Address changes outlined in ANSI Z359 2007 relating to Fall Protection equipment.

Course Design:

- Power Point / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion:

- Requires a minimum score of 80% or better, unless otherwise specified by the student's employer.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical sessions is also mandatory.

Course Content Summary:

- Classroom
- Demonstrations
- Practicals
- Breaks – 5 to 15 minutes (at instructor's discretion)

Course Outline:

- Regulation Review
- OSHA 29 CFR 1926.500-503

Definitions:

- Qualified Person
- Competent Person
- Fall Hazard Recognition
- Anchorage Points
- Equipment

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- Clearance
- Objects
- Other Hazards
- Slips Trips and falls
- Ladder and scaffold safety
- Unprotected openings and holes
- Platforms & Runways
- Housekeeping
- Scaffolding
- ANSI Z359 2007
- Examination

Practical Session:

- Practical training shall be limited to Twenty (20) students per class and shall be documented using the Fall Protection Checklist. Students shall function as one team when demonstrating skills. Instructor will direct the proper wear, use and employment of various fall protection equipment systems.
- Each student is required to pass a written exam (80%) as well as demonstrate practical skills. The practical skills, outlined above, are taught in classroom session and demonstrated during Practical Training.

Training Center Provided Material:

- Fall Protection Equipment

Student Requirements:

- PPE- Hard Toed Boots, Coverall or other work clothing
- Reference Material / Documents
- OSHA 29 CFR 1926.500-503