



Colston Safety and Training, Inc.

Fall Protection: User

Prerequisites: This course shall have no prerequisite.

Course Length: 2 - 4 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 fifteen (15) in the classroom session and fifteen (15) in the practical session.

Course Objective:

- To provide employees the types and severity of falls and associated dangers/injuries.
- Describe & discuss common Fall Protection Systems.
- Describe & discuss Personal Fall Arrest Systems.

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
- Training Requirements
- 29 CFR 1926.503(2)
- Manufacturers
- Deceleration Test
- Selecting Fall Protection
- Considerations

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- Work being Performed
- Environmental conditions
- Inspection and Storage
- Methods of Use
- Proper Anchoring/Tie-off Techniques
- Estimating freefall distance
- Total fall distance
- Maximum freefall distance
- Determination of deceleration distances
- Determination of total fall distance
- Identify swing radius & prevent striking at lower level
- Horizontal Lifelines
- Engineering Requirements
- Fall Protection Rescue
- Orthostatic Intolerance
- Rescue Devices
- Emergency Rescue Plan
- Post Fall Procedures
- Medical Considerations
- Rescue Equipment
- Examination

Practical Session:

- Practical training shall be limited to fifteen (15) students per class and shall be documented using the Fall Protection Checklist. Students shall function as team when demonstrating skills. Instructor will direct the proper wear, use and employment of various fall protection equipment systems.

Fall Protection Practical shall verify the following:

- 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.

Material provided by Instructor:

- Fall Protection Equipment
- Fall protection systems

Student Requirements:

- PPE- Hard toe boots with discernible heel, Coverall or other work uniform
- Reference Material / Documents
- OSHA 29 CFR 1926.500-503

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