

FALL PROTECTION COURSE

Course Outline:

The course will cover the Fall Protection requirements under the Occupational Health and Safety Act, as amended and associated regulations; for individuals performing related work. Training is to be held at our facility.

Hours of Training: 4 Hours

Topics covered in the course:

- Legislation
- Fall Protection Fundamentals
- Selection
- Fall Prevention
- Fall Restraint Systems
- Personal Fall Arrest Systems
- Swing Falls
- Harness Types
- Do's and Don'ts
- Lanyards and Energy Absorbers
- Anchor pints
- Temporary Anchor Points
- Inspection and Maintenance
- **Practical:**
- Demonstrate proper inspections
- Proper Sizing of personal Harness



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