



Basic (Authorized Person) Fall Protection Course

This course is intended to provide information and practical skills for the student to work competently and safely utilizing fall protection equipment.

This course shall consist of 3 hours of classroom training and 5 hours hands-on training minimum.

Course objectives:

Upon completion of this course, students should be able to satisfactorily understand and/or perform the following:

- General understanding of basic concepts of fall protection
- General understanding of overall job site safety
- Inspection of all equipment and systems
- Perform a self and basic co-worker rescue

Course overview:

- Course objectives
- Review OSHA mandates
- Fall protection requirements
- Competent and Qualified person defined
- Safety plans
- Categories of fall prevention
- Engineering out hazards
- Hazard isolation
- Fall restraint
- Work positioning
- Fall arrest
- Fall factor
- Clearance calculations
- Primary and secondary protection
- Orthostatic intolerance
- Personal fall arrest systems
- Anchorages
- Harnesses
- Connectors
- Self retracting lanyards/lifelines
- Vertical lifelines
- Horizontal lifelines
- Equipment inspection, maintenance and care
- Rescue concepts
- Hands-on practical skills, use of the following:
 - Fall restraint systems
 - Work positioning systems
 - Personal fall arrest systems utilization including vertical and horizontal fall arrest systems
 - Shock absorbing lanyards
 - Self retracting lanyards/lifelines
 - Ladder safety systems
 - Basic self and co-worker rescue
- Written test