



Advanced (Competent Person) Fall Protection Course

This course is intended to provide information and practical skills for the student to gain competency in supervision of those that work utilizing fall protection equipment, and be familiar with rescue of fallen worker concepts. *This course shall consist of 4 hours of classroom training and 12 hours hands-on training minimum.*

Course objectives:

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

- Understanding of concepts of fall protection
- Understanding of overall job site safety and complete job site safety documentation
- Recognize and mitigate fall hazards
- Inspection of all equipment and systems
- Rescues of workers from a variety of fall related scenarios

Course overview:

- Review OSHA mandates
- Fall protection requirements
- Competent and Qualified person defined
- Development of fall protection and 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
- Energy absorbers
- 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
 - Advanced self and co-worker rescue
- Hands-on practical skills, setting up and evaluation of fall protection systems
- Written test