



Course Goal

To understand a basic fall protection safety system as it applies to a routine work environment or task, and learn how to correctly use the appropriate fall protection system.

Course Assessments

Students will need to meet the following objectives to earn a certificate of completion in this course. Should a student miss one or more objectives, they may need to re-take the course in its entirety before being eligible to receive a certificate.

1. Complete all challenge questions and workbook exercises.
2. Properly perform the following tasks during the skills development sessions:
 - Skills Development #1 - Harness Fitting & Partner Check
 - Skills Development #2 - End-User Inspections
3. Achieve a minimum of 70% on the closed book written test.

Learning Objectives

Working At Height	<ol style="list-style-type: none">1. Understand the importance of identifying fall hazards as they appear in the workplace.2. Respect the gravity of working at any height.3. Comprehend the frequency of fall accidents in the workplace.4. Understand the dynamics of a fall event.
Fall Protection Oversight	<ol style="list-style-type: none">1. Identify the applicable fall protection regulations.2. Comprehend the key elements and purpose of a company specific fall protection program.
Systems & Planning	<ol style="list-style-type: none">1. Discover the meaning of fall protection systems.2. Understand requirements for the passive systems identified.3. Understand requirements for the personal systems identified.4. Learn the purpose and contents of a fall protection plan.
Anchor Points	<ol style="list-style-type: none">1. Comprehend the definition and anatomy of an anchor point.2. Understand the parameters of certified anchorages.3. Appreciate and identify the applicable anchorage strength requirements.
Body Support	<ol style="list-style-type: none">1. Identify the accepted body supports for personal fall protection systems.2. Understand the working specifications and parameters for full body harnesses.3. Discover basic harness considerations when selecting a full body harness.4. Properly don a full body harness and perform a partner check.
Connectors	<ol style="list-style-type: none">1. Discover basic connecting devices.2. Understand the basic purpose, design, and specifications of snap hooks and carabiners.3. Understand the essential purpose, design, and specifications of lanyards.4. Comprehend and calculate free fall distances in basic applications.5. Understand the essential purpose, design, and specifications of energy absorbers.6. Comprehend and calculate standard clearance requirements.
Descent & Rescue	<ol style="list-style-type: none">1. Identify the importance of the rescue component.2. Understand the rescue requirements when using a personal fall protection system.3. Comprehend the hazard and mitigation of suspension trauma.4. Understand the purpose and contents of a rescue plan.5. Identify common post-fall protocols.

**Equipment
Care**

1. Discover general equipment care principles.
2. Understand end-user equipment inspection requirements.
3. Comprehend fundamental maintenance principles.
4. Comprehend fundamental storage principles.

**Work
Applications**

1. Identify possible specific regulatory requirements.
2. Review mobile elevated work platform application. .