



## Course Start - Day 1

### Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

### Working At Height

(40 minutes)

- 2.1 Evolution of Fall Protection
- 2.2 Hazard Identification
- 2.3 Respecting Heights
- 2.4 Facts of Workplace Falls
- 2.5 Fall Dynamics

## 10 minute break

### Fall Protection Oversight

(30 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Safety Associations & Organizations
- 3.4 Company Program
- 3.5 Conducting Due Diligence

### Systems & Planning

(45 minutes)

- 4.1 Defining Fall Protection
- 4.2 Fall Protection Selection
- 4.3 Elimination of Fall Hazards
- 4.4 Passive Systems
- 4.5 Restraint Systems
- 4.6 Arrest Systems
- 4.7 Administrative Controls
- 4.8 Fall Protection Plans
- 4.9 Fall Hazard Survey

## 10 minute break

### Anchor Points

(35 minutes)

- 5.1 Component Overview
- 5.2 Anchorage Types
- 5.3 Strength Requirements
- 5.4 Anchorage Connectors

### Workshop #1 Anchor Points

(40 minutes)

- Students will be given the opportunity to discover the working specifications of select anchorage connectors.
- Students will be challenged to complete an assessment on the usability of the anchor points presented to them.

## 45 minute break / lunch

### Body Support

(25 minutes)

- 6.1 Component Overview
- 6.2 Body Belts
- 6.3 Full Body Harness
- 6.4 Harness Considerations
- 6.5 Harness Applications
- 6.6 Harness Inspection & Fitting

### Workshop #2

#### Full Body Harnesses

(60 minutes)

- Students will complete a harness pre-use inspection, donning, and partner check.
- Students will be challenged to assess the proper fit of different individuals in harnesses.

## 10 minute break

### Connectors (Part 1)

(15 minutes)

- 7.1 Connectors Overview
- 7.2 Snaphooks & Carabiners
- 7.3 Lanyards

### Workshop #3

#### Connector Compatibility

(30 minutes)

- Students will be challenged to assess various combinations of system components to determine the compatibility of the connections.

## 10 minute break

### Connectors (Part 2)

(45 minutes)

- 7.4 Free Fall Distance
- 7.5 Energy Absorbers
- 7.6 Clearance Requirements



## Course Start - Day 2

### Connectors (Part 3)

(40 minutes)

- 7.7 Self-Retracting Devices
- 7.8 Vertical Lifelines
- 7.9 Horizontal Lifelines

## 10 minute break

### Workshop #4 Vertical Systems

(35 minutes)

- Students will examine and use a VLL system. The exercise will include a review of manufacturer's user instructions to answer challenge questions regarding specifications.

### Workshop #5 Horizontal Systems

(35 minutes)

- Students will be challenged to set-up a temporary HLL system at floor level. The exercise will include a review of manufacturer's user instructions to determine clearance requirements for the system.

### Workshop #6 Climbing & Positioning

(35 minutes)

- Students will be challenged to answer a series of workbook questions regarding the working specifications of these connectors.
- Students will be given the opportunity to complete a short climb using twin leg lanyards and a work positioning strap.

## 10 minute break

### Descent & Rescue

(20 minutes)

- 8.1 Component Overview
- 8.2 Rescue Requirements
- 8.3 Suspension Trauma
- 8.4 Response Planning
- 8.5 Equipment & Techniques
- 8.6 Post Fall Protocol

### Workshop #7 Descent & Rescue

(30 minutes)

- Instructor will demonstrate both an emergency descent system and a basic rescue system to further expand students' understanding of this component.

### Equipment Care

(25 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage

## 45 minute break / lunch

### Workshop #8 End-User Inspections

(40 minutes)

- Students will be challenged to complete a series of end-user inspections on common fall protection equipment to determine their serviceability.

### Work Applications

(30 minutes)

- 10.1 Regulatory Requirements
- 10.2 Construction & Industrial
- 10.3 Utilities & Communications
- 10.4 Transportation, Energy & Mining
- 10.5 Dropped Object Protection

## 10 minute break

### Workshop #9 System Analysis

(65 minutes)

- Students will be challenged to examine personal fall arrest systems to determine their acceptability for use.

## 10 minute break

### Summary & Review

(40 minutes)

- 11.1 Key Learning Concepts
- 11.2 Review Questions