

COURSE DESCRIPTION:

This training course reviews the basic requirements of the Occupational Safety and Health Administration, known as OSHA, for protection of employees from fall hazards. It also contains best practices from ANSI/ASSP Z359. This presentation will focus on the proper use of personal fall arrest systems in order to safely perform work in elevated areas. Additional hands-on training must be conducted by a Competent Person for demonstrating competency in the selection, use, maintenance, inspection, and storage of fall protection systems for certification. This general awareness training does not include methods for fall protection rescue which is a specialized training course.

REGULATORY REFERENCE:

OSHA 29 CFR 1910 Subpart D Walking; 1910.28 Duty to have Fall Protect and Falling Object Protection; 1910.29 Fall Protection Systems and Falling Object Protection – Criteria and Practices; 1910.140 Personal Fall Protection Systems.

APPROXIMATE DURATION:

30 Minutes

COURSE OUTLINE:

1. Introduction
2. Training Objectives
3. When is Fall Protection Required?
4. Using Personal Fall Protection Systems
5. Types of Fall Protection
6. Additional Fall Protection Systems
7. What is a Personal Fall Arrest System
8. Components of Personal Fall Arrest Systems
9. Full Body Harness Attachment Locations
10. Free-Fall Deceleration
11. Other Lifeline Components
12. Using Personal Fall Arrest Systems
13. Hazards of Personal Fall Arrest Systems
14. Inspection and Maintenance
15. Storage
16. Summary

