

# **FALL PROTECTION**

## **Course Outline:**

The course will cover the Fall Protection based on the Occupational Health and Safety Administration for individuals performing related work. Training.

**Hours of Training:** 3 Hours

## **Topics covered in the course:**

Fall Protection

Fundamentals

Scaffolding

Fall Prevention

Fall Restraint Systems

Personal Fall Arrest Systems

Swing Falls Harness Types

Do's and Don'ts

Lanyards and Energy Absorbers

Anchor points

Temporary Anchor Points

Inspection and Maintenance

## **Practical:**

Demonstrate proper inspections

Proper Sizing of personal Harness

Demonstrate actual use of fall arrest systems (Harness)