



Workplace Fall Protection (1910.30 & 1926.503)

Course Description

Each year, numerous workers suffer the traumatic effects of a fall from height. Workers need to understand these dangers and the options available to help mitigate this hazard. The methods used to protect oneself at height can vary between situations, thus requiring comprehensive training.

In addition to the general principles of working safely at height, this one-day course also covers common fall protection systems, providing knowledge on selection, set-up, and usage. A variety of instructional techniques, including challenge questions, workbook exercises, and practical learning applications, will be used to educate course participants. The curriculum will cover proper pre-use inspection, harness donning, system selection, and system set-up.

The course is suited for those who perform work duties at height in various at-height jobsite situations and will be responsible for selecting and utilizing the appropriate system components. The course material will provide students with an engaging and enjoyable learning environment.

Duration: 8 Hour Program

Course Overview

- Fall hazard identification
- Fundamentals of working at height
- Fall protection oversight
- Passive systems
- Administrative controls
- Fall arrest system components
- Harness donning and inspection
- Equipment care
- Rescue requirements
- System selection and set-up

To learn more about our courses and to register, visit or contact us at:

Website: ApexRescueGroup.com

Email: Training@ApexRescueGroup.com

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Note: These courses are intended to address the generalities of fall protection best practices and to complement worksite specific programs. Always consult and follow all applicable laws and regulations and your worksite specific fall protection program.



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