

Fall Protection

Course Description

This course is designed to cover fall protection basics and how to stay safe while working at height.

The course starts by discussing the various fall protection regulations set out by the Occupational Safety and Health Administration, OSHA.

You'll see accident and injury statistics that show the seriousness of the problem.

We then cover free fall hazards, along with the fall protection criteria that must be applied.

The important difference between fall protection and fall prevention will be explained - along with the employer's fall protection responsibilities.

We then look in detail at the five levels of the hierarchy of fall protection.

You'll also learn about the prevention practices and systems employed on construction sites, including harnesses, guardrails, positioning device systems and harnesses.

Safe Working Practices will be discussed and you'll see how you can use these to choose an effective fall protection system.

Finally, we'll highlight the importance of having a Rescue Plan, designed to rescue people from any height, in any situation at any time

Learning Objectives

When you've completed this course, you will understand about:

- Recognize and identify when fall protection is required
- Implement basic fall protection systems
- Prevent objects from falling
- Inspect their personal fall arrest systems
- Rescue themselves and others if a fall occurs

Target Audience

This course is an introduction to the safety features that can be introduced on worksites to protect workers from falls.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

Modules

Course	Module Number	Module Name	Pass % Required
Fall Protection	1	Fall Protection	70
Fall Protection	2	Fall Prevention	70

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 33 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*