

FALL PROTECTION

This 4-hour course is required for personnel who have an exposure to falling hazards in compliance with OSHA 29 CFR 1926.500 regulations. TRS can provide a 1 hour Fall Protection awareness safety course.

COURSE OUTLINE

1. Regulatory Information
2. Definitions
3. General Protection Concepts
 - a. Walking/working surfaces
 - b. Guardrail Systems
 - c. Safety Nets
 - d. Personal Fall Arrest Systems and Positioning Devices
 - e. Fall Protection Equipment-anchor systems, snaphooks, carabiners, lanyards, lifelines, rope grabs, winches/tripods
 - f. Covers
 - g. Protection of Falling Objects
 - h. Ladder Safety- general requirements, fixed & portable ladders
 - i. Working over or near water
 - j. Planning & monitoring
 - k. Scaffolding Safety Awareness
 - l. Demonstration and exercises on the wearing of fall protection equipment
4. Written Exam

Time: 4 hrs