

201 Fall Protection

Instructional time – full day



Target Audience

- Workers and supervisors who are required to work at heights and who may be required to use fall protection equipment.



Learning Outcomes

- Participants will:
 1. Review fall protection requirements, systems & equipment;
 2. Review the planning process and documentation required; and
 3. Perform fall protection equipment inspections.



Delivery Method

The Fall Protection class is divided into two parts:

- Theory; and
- Practical & Hands-on.



Demonstration of Skills and Knowledge

- Inspection of fall protection equipment; and
- Complete an exam (75% passing grade required).



Topics

1. When to use fall protection;
2. Written fall protection program;
3. Hierarchy of fall protection;
4. Types of fall protection;
5. WCB Regulation and overview;
1. Calculating the fall clearance;
2. Realizing the fall forces;
3. Deciding on a system;
4. Initial system inspection;
5. Fitting the harness;
6. Proper use of rope grab;
7. Proper use of lanyards & retractable lanyard;
8. Proper selection of an anchor point;
9. Horizontal lifelines;
10. Ongoing inspection of equipment;
11. Retiring the system;
12. Cleaning your system; and
13. During and after a fall and rescue procedure introduction.