



ITAC FPS – FALL PROTECTION TRAINING COURSE OUTLINE

- Course Title: **AT RISK WORKER TRAINING**
- Location: Owner Site
- Duration: 4 to 8 hours
- Description: This course is intended for those whose job responsibilities require them to work at elevation on a consistent basis. This is an interactive session with overhead/computer presentation, hands on application and written knowledge test to facilitate the course objectives.
- Content: Upon completion of the course, students will have a basic understanding of the following:

- Magnitude of the problem/OSHA fall protection statistics
- Applicable fall protection regulations
- Fall Protection hierarchy of controls – Elimination, Prevention, Arrest, Administrative
- ABC's of fall protection – Anchorage, Body Support, Connecting Means, Compatibility
- Equipment Availability in the marketplace
- Full Body Harnesses – Application and Donning/Doffing
- Lanyards:
 - Shock Absorbing
 - Self-Retracting
 - Y-Lanyards
- Introduction to:
 - Vertical Lifelines
 - Horizontal Lifelines
 - Rigid Rail Systems
 - Ladder Climbing Systems
 - Work Positioning Systems
 - Specialized fall protection equipment
- Best Practices

ITAC FPS will provide all fall protection equipment required for instruction, however, students are encouraged to bring their own personal fall arrest equipment to the course for use and demonstration.

A spiral bound course manual will be issued to each student.

Upon successful completion of the course, students will be considered for at risk worker status by their employer and will receive a certificate with applicable expiration date for retraining/recertification.