



ITAC FPS – FALL PROTECTION TRAINING COURSE OUTLINE

- Course Title: **COMPETENT PERSON TRAINING**
- Location: Owner Site
- Duration: 16 hours (2 Days)
- Description: This course is intended for those whose job responsibilities require them to actively participate in the rules, training, and the development of site-specific fall protection directives at their work site or plant/facility. 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 be able to recognize and mitigate fall hazards through a prescribed hierarchy of fall hazard controls and 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
 - Anchorage points/anchorage point considerations
 - Full Body Harnesses – Applications, inspection and safety features
 - Lanyards – Applications, inspection and safety features:
 - Shock Absorbing
 - Self-Retracting
 - 100% Tie off/Y-Lanyards
 - Introduction/inspection of specialized fall protection equipment:
 - Lifelines – Horizontal/Vertical
 - Rigid Rail Systems
 - Ladder Climbing Systems
 - Work Positioning Systems
 - Controlled Descent Devices
 - 1st Man Up/Remote Connect/Disconnect Devices
 - Inspection of Fall Arrest Systems and components
 - Calculation of required Fall Arrest System Clearance Diagrams
 - Identification of Fall Hazards – Fall Hazard Assessment Techniques
 - Qualitative/Quantitative Fall Hazard Risk Assessment
 - Development of Fall Protection Plans
 - Rescue Considerations
 - 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 competent person status by their employer and will receive a certificate with applicable expiration date for retraining/recertification.

ITAC FPS – “When your LIFE Depends on it!!!”