



**Industrial TurnAround Corp.**  
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## ITAC FPS- Fall Protection Training Course Outline

Course Title: **Authorized 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 elevations on a consistent basis. This is an interactive session with overhead/computer presentation, hands on applications, 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, Connection Means, Compatibility
- Equipment Availability in the marketplace
- Full Body Harness – 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 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!!!***