

## 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 OSHA fall protection regulations and ANSI Z359 requirements
- 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 to specialized fall protection equipment:
  - Lifelines- Horizontal/Vertical
  - Rigid Rail Systems
  - Ladder Climbing Systems
  - Work Positioning Systems
  - Controlled Descent Devices
  - 1<sup>st</sup> 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!!!"**