



## Fall Protection Class Agenda

### 29 CFR 1926. Subpart M

This is an 8-hour class. A posttest is administered. After completion, students will receive a certificate.

Topics covered:

1. Inspection of equipment.
2. Proper donning of harness and the importance of donning correctly.
3. Awareness of the different types of harnesses, lanyards, self-retracting lifelines, and anchor points.
4. Improper snap hook connections.
5. Snap hook and carabiner inspection and characteristics.
6. The dangers of using fall protection equipment improperly.
7. Fall prevention, fall restraint, and fall arrest.
8. Hierarchy of controls
9. Importance of reading the weight limitations and other information on equipment labels.
10. Awareness of the amount of force and serious harm that is transferred to the body when equipment is improperly used.
11. What an impact indicator is and what to inspect.
12. MEWP Lift requirements.
13. Examples of unique anchor points available.
14. The need for a rescue plan prior to using fall protection.
15. Suspension trauma. What it is and ways to prevent it.
16. Fall clearance.
17. Swing fall hazards.
18. Guardrail requirements.
19. Warning line requirements.
20. Fall arrest equipment for leading edge work.
21. Stairways and ladders.