

CLASS INFO

ADVANCED FALL PROTECTION

Advanced fall protection is an in depth instructional class covering all aspects of fall protection in construction. The emphasis is on the use of harness and lanyard's but will cover basic knowledge that they should know and apply on construction job sites pertaining to Aerial Work Platforms (AWP) Stairs, Stairways, Guardrails and Ladder specifications and usage. During this class students will be taught the proper way to pre inspect and the use of fall arrest and fall protection equipment. Most of the fall protection training portion of the class is taught using actual fall protection equipment, allowing students to be involved and hands on as much as possible. Student are also encouraged to bring their harness and lanyard for free inspection and may be suspended from a harness to see what it would feel like to be supported only by a harness if they choose.

This is a 3 hour class. After completion, students will receive a certificate. The ladder safety, stairs and stairway topics are covered via power point and verbal discussion.

Topics covered:

1. Inspection of equipment.
2. Proper donning of harness and the importance of donning correctly.
3. Awareness of the different types of harness', lanyards and anchor points and what the different uses are.
4. Improper snap hook connections.
5. The dangers of using any fall arrest equipment improperly.
6. Why PPE should be the last resort.
7. Importance of reading the weight limitations and other information on equipment labels.
8. Awareness of the amount of force and serious harm that is transferred to the body when equipment is improperly used.
9. What an impact indicator is and areas to look for it.
10. PPE use in a scissors or snorkel type man lift.
11. Examples of unique anchor points available.
12. The need for a rescue plan prior to using fall arrest equipment.
13. Suspension trauma. What it is and ways to prevent.
14. Engineered and improvised anchor points.
15. Fall clearance
16. The difference between fall arrest and positioning and restraint.
17. Important information on Horizontal life and vertical life lines.
18. Swing fall hazards.
19. Fall arrest equipment for leading edge work.
20. Stairways and ladders.
21. Guardrail requirements.