

Advanced Fall Protection

An in-depth instructional class covering all aspects of fall protection in construction. The emphasis is on the use of anchor points, harnesses, lanyards, and self-retracting lanyards, but will cover basic knowledge that employees should know and apply on construction job sites pertaining to Mobile Elevating Work Platforms (MEWP), Stairs, Stairways, Guardrails, scaffolds, and Ladder specifications and usage. During this class students will be taught the proper way to pre inspect, wear, and the use of fall arrest and fall protection equipment. Bailey Safety's training center has multiple pieces of fall protection allowing students to be involved hands on as much as possible. This class is presented with a combination of PowerPoint, verbal discussion, and real photos taken from jobsites that Bailey Safety has audited. Student are encouraged to bring their harness and lanyard for free inspection and may be suspended from a harness to see the importance of properly wearing and using fall protection, if they choose.

This is a 6-7-hour class. After passing the written test, students will receive a certificate. Topics covered:

- ✓ Inspection of equipment.
- ✓ Proper donning of harness and its importance.
- ✓ Awareness of the different types of harness, lanyards and anchor points and what their different uses are.
- ✓ Improper snap hook connections.
- ✓ The dangers of using any fall arrest equipment improperly.
- ✓ Discuss OSHA's Hierarchy of controls and why PPE should be the last resort.
- ✓ Importance of reading the weight limitations and other info on equipment labels.
- ✓ Awareness of the amount of force and serious harm that is transferred to the body when equipment is improperly used.
- ✓ What an impact indicator is and areas to look for it.
- ✓ PPE use in Mobile Elevating Work Platforms
- ✓ Examples of unique anchor points available.
- ✓ The need for a rescue plan prior to using fall arrest equipment.
- ✓ Suspension trauma. What it is and ways to prevent.
- ✓ Engineered and improvised anchor points.
- ✓ Fall clearance
- ✓ The difference between fall arrest and positioning and restraint. Fall Prevention, restrain/positioning, arrest
- ✓ Important information on Horizontal life and vertical lifelines.
- ✓ Swing fall hazards.
- ✓ Fall arrest equipment for leading edge work.
- ✓ Stairways and ladders.
- ✓ Guardrail requirements.
- ✓ Warning Lines

Below are the OSHA's training requirements for fall protection.

1926.503(a)(2)(i)

The nature of fall hazards in the work area;

1926.503(a)(2)(ii)

The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used;

1926.503(a)(2)(iii)

The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used;

1926.503(a)(2)(iv)

The role of each employee in the safety monitoring system when this system is used;

1926.503(a)(2)(v)

The limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs;

1926.503(a)(2)(vi)

The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and

1926.503(a)(2)(vii)

The role of employees in fall protection plans;

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