



FALL PROTECTION

Competent Person Training



An intensive, two-day course for Competent Persons, that includes extensive hands-on training.

This course will train you to fulfill the Competent Person responsibilities required by OSHA standards.

This in-depth class provides you with an understanding of:

- The hazards posed by falls.
- Calculating fall forces.
- Methods of fall protection.
- Designing and implementing a fall arrest program.
- Selecting, inspecting and maintaining fall arrest equipment.
- Training workers.
- Emergency procedures.

Course materials include a complete student manual, along with checklists and forms that are essential for any comprehensive fall arrest program.

Students successfully completing the program will receive a Certificate of Completion and are eligible for 1.6 IACET Continuing Education Units.



COURSE OUTLINE

Introduction to Fall Protection

- Fall Basics
- NIOSH Recommendations
- Fall Protection Standards
- History of Fall Protection Equipment
- History of Fall Protection Standards
- Qualified and Competent Persons
- Classes of Fall Protection
- Levels of Fall Protection

Physics of a Fall

- Basic Terminology
- Fall Calculations

Conventional Methods of Fall Protection

- Personal Fall Arrest Systems
- Guardrails
- Safety Nets

Other Methods of Fall Protection

- Fall Restraint Systems
- Positioning Device Systems
- Roof Brackets and Slide Guards
- Warning Line Systems
- Controlled Access Zones (CAZ)
- Safety Monitoring Systems
- Fall Protection Plans

Fall Hazard Assessments

- Communication and Training
- Competent Person
- Communication Processes

Equipment Maintenance and Inspection

Emergencies/Rescue

D2000 Safety Inc.

P.O. Box 2939 Eugene, OR 97402
1-800-551-8763 www.d2000safety.com

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