

# 2-DAY FALL PROTECTION COURSE

## Certificates Issued:

### Fall Protection (2-Day)

## Program Description:

This is a two-day course, for which Saskatchewan and Manitoba versions are available. The Manitoba version also covers Ontario regulations. The course addresses safety requirements when working from an elevated area. It covers types of fall hazards, types of fall protection, hazards on industrial, commercial, and residential sites. It includes fall hazards from stairs, ladders, scaffolds, aerial lifts, and steel structure. There are numerous practical exercises. Students must fit, wear, and experience the use of harnesses.

This program includes the following topics:

- Personal Protective Equipment
- Site Hazards & Safety
- Housekeeping
- Regulations & Industry Standards
- Impact Forces
- Suspension Trauma
- Fall Protection Plan
- Fall Hazards - Identification
- Manufacturer Designed Usage of Many Fall Protection Items
- Calculation Fall Distance
- Full Body Harness
- Safety Hooks
- Bottoming Out
- Swing Fall Hazards
- Protection from Falling Objects
- Control Zones
- Anchors & Anchorage Points
- Fall Arresting Devices
- Lifelines - Vertical & Horizontal
- Shock Absorbers
- Inspection of Fall Arrest Equipment
- Aerial Devices & Mobile Equipment
- Safety Nets
- Travel Restraint
- Rope Grabs

