



Fall Protection

Course Overview:

Fall Protection provides participants with information about fall protection legislation, fall hazards in the workplace, and safe work practices related to the use of fall protection equipment.

Who Should Take the Course?

This course is an appropriate introduction to fall protection for any worker who will be working at a height of 3 m (10 ft) or more including, but not limited to, construction workers, electrical workers, painters, window washers, workers in the oil and gas industry, city workers and forestry workers.

The course provides a foundation level of knowledge which the employer must build upon by adding workplace-specific fall hazard training and hands-on training in the use of personal fall protection equipment.

Learning Objectives

Upon completion of the course, participants will be able to:

- ☑ Recognize workplace situations involving fall hazards
- ☑ Identify the fall protection responsibilities of employers, managers/supervisors, and workers
- ☑ Know that specific fall protection regulations differ from one jurisdiction to another and download/print the OHS regulations that apply to their workplace (included in course)
- ☑ Describe the types of information that should be included in fall protection plans, including appropriate emergency response measures
- ☑ Understand that the first choice in fall protection should be installing guardrails or other physical barriers
- ☑ Define and differentiate between fall restraint systems and fall arrest systems
- ☑ Know how to visually inspect the components of a fall restraint/fall arrest system, including: *safety belt, full body harness, lanyard, lifeline, rope grab, and anchor point*
- ☑ Know how to put on a full body harness
- ☑ Understand safe work practices related to the use of fall protection equipment

Evaluation

This is a 2-module course. To complete the course, participants must verify their understanding of the content by passing a mandatory test for each module. Participants that do not achieve 100% can review the module content and try as many times as necessary to advance and complete the course. Test questions are randomly selected from a test bank, making each test experience unique.

When the participant has passed mandatory testing to confirm knowledge transfer, he/she can download/print a CERTIFICATE OF COMPLETION which includes the participant's name and the date of training

Timeline for Completion

This online course is self-paced. Participants may leave the course at anytime and can resume where they left off. The duration will depend on the individual participant and their prior knowledge of the subject matter. Most participants will be able to complete their training in an hour or less.