

Course Description

People working at heights need to know how to identify the hazards along with selecting the most appropriate means to protect themselves.

This course will teach the concepts need to ensure that anyone working at height can think critically about their task and make the best decision in the circumstance.

Our Fall Protection User course is recognized by the BC Construction Safety Alliance as an NCSO approved course.



Duration 8 hours

Certification 3 years

Cost \$200/person

Venue Client location, or a suitable venue.



Topics Covered

Theory	Practical
OHS Regulation Part 11 – Fall Protection	Fall protection equipment capabilities & limitations
CSA/ANSI Standards	Harness fitting workshop
Hierarchy of Fall Protection Systems	Fall distance calculations
Fall Protection Equipment	Harness suspension (optional)
Fall Protection Plan	Fall protection system analysis or setup
Employer-Specific Fall Protection	

Participant Engagement

Many safety courses are dry, not-relevant and boring. Really boring.

Our courses are NOT boring. While it won't be like going to Disneyland, participants will find themselves being engaged throughout the day, and they WILL actually learn something.

COVID-19 Safety

- Everyone must answer the COVID questions prior to beginning training.
- Everyone is required to wear a mask for the duration of training.
- Physical distancing of 2m will be maintained at all times.
- Hands must be fully sanitized before and after touching equipment.
- Classroom must provide a minimum of 40 sq ft per person.

Fall Protection User Course Outline

Module	Start	Stop	Topic(s)
Module 1: Introduction	8:00 AM	8:30 AM	Course Introduction, Housekeeping, Agenda, Certification, Learning Goals, Fall Fatalities
Module 2: Fall Protection Systems	8:30 AM	9:05 AM	Fall Protection Systems, Definitions
	9:05 AM	9:10 AM	Module 2: Quiz
Module 3: Fall Protection Equipment	9:10 AM	9:20 AM	Fall Protection Equipment Standards
	9:20 AM	9:35 AM	Anchors
	9:35 AM	9:45 AM	Connectors
	9:45 AM	10:00 AM	Break
	10:00 AM	10:50 AM	Connectors
	10:50 AM	11:45 AM	Harnesses
	11:45 AM	12:45 PM	Lunch
	12:45 PM	1:05 PM	Fall Protection Equipment Inspection
	1:05 PM	1:15 PM	Fall Protection Equipment Systems
	1:15 PM	1:30 PM	Module 3: Quiz
Module 4: Fall Protection Planning	1:30 PM	2:30 PM	Fall distances, written fall protection plan, fall protection system analysis
	2:30 PM	2:45 PM	Break
	2:45 PM	3:15 PM	Fall Protection Practical Setup
	3:15 PM	3:30 PM	Module 4: Quiz
	3:30 PM	4:15 PM	Final Exam
	4:15 PM	4:30 PM	Employer-Specific Requirements