

## Fall Protection User

<b>Duration</b>	1/2 day
<b>Target group</b>	Any worker, offshore or onshore, who will be working at a height of six feet or greater
<b>Prerequisites</b>	There is no prerequisite for this course.
<b>Objective</b>	<p>Upon completion of the course, the trainee will be able to meet general industry requirements 29 CFR 1910.29 (criteria &amp; practices) and 29 CFR 1910.30 (training requirements), and construction industry requirements 29 CFR1926.502 (criteria &amp; practices) and 29 CFR1926.503 (training requirements):</p> <ul style="list-style-type: none"><li>- Explain the physics of fall arrest</li><li>- State the reason for harness inspection prior to each use</li><li>- Perform a harness inspection</li><li>- Determine the capacity of fall arrest equipment</li><li>- List environmental concerns</li><li>- Explain the proper connection to anchor points</li><li>- Don and properly fit a full body harness</li><li>- Describe proper storage of a harnesses</li><li>- Demonstrate his/her ability to use the "First Man Up" pole</li></ul>
<b>Contents</b>	<p>The topics covered during this training are:</p> <ul style="list-style-type: none"><li>- Fall Arresting Equipment</li><li>- Full Body Harness</li><li>- Tie-Off Points</li><li>- Inspections and Maintenance</li><li>- The six Steps of PFAS</li><li>- Six Most Common Mistakes Made in Fall Protection</li><li>- Rescue Plan</li><li>- Site Specific Rescue Assessments</li><li>- Developing a post-Fall Rescue Plan</li><li>- OSHA and PFAS Falls</li><li>- The Seven Phases of a PFAS Rescue</li><li>- Emergency Response</li><li>- Rescue Equipment</li></ul>
<b>Exam</b>	The delegate will be required to attain a minimum score of 70% on a written assessment and be deemed competent on a practical assessment.