

Fall User/Rescue (8HR) (incl. hands-on)

Duration 1 day

Target group Any individual who will be working at a height requiring fall protection.

Prerequisites None

Objective The objectives of this training are:
- Gain knowledge on how to properly use fall protection equipment and be able to assist with the rescue of a suspended worker.

Contents The following topics will be covered during the training:

- Discuss OSHA fall protection requirements following:
 - General
 - 29 CFR 1910.28 (duty to have fall protection)
 - 29 CFR 1910.29 (criteria & practices)
 - 29 CFR 1910.30 (training requirements)
 - Construction
 - 29 CFR 1926.501 (duty to have fall protection)
 - 29 CFR 1926.502 (criteria & practices)
 - 29 CFR 1926.503 (training requirements)
 - ANSI
 - Z359.1-1992 Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components
 - A10.32-2004 Fall Protection Systems Construction and Demolition Operations
 - A14.3-1992 Ladder safety devices
- Discuss the methods of hazard analysis
- Identify safe work practices
- Explain fall protection systems and equipment
- Calculate fall distances
- Select proper fall protection including hook selection
- Inspect fall protection systems
- Identify improper fall protection use and practices
- Don and properly fit a full body harness
- Discuss fall protection and rescue regulations
- Assess fall hazards to determine rescue methods
- Discuss the record keeping process for rescue equipment components and systems
- Develop a written fall protection and rescue procedure

Exam The trainee will be required to attain a minimum score of 70% on a written assessment. The trainee will also complete forms associated with fall protection and successfully complete a practical assessment using rescue equipment to perform a rescue.