

ISP600

Fall Protection User

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