

ISP604

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	Upon completion of the training, the delegate will be able to properly use fall protection equipment and be able to assist with the rescue of a suspended worker.
Contents	<p>The course will include information on the following:</p> <ul style="list-style-type: none"> - Discuss OSHA fall protection requirements following: <ul style="list-style-type: none"> General <ul style="list-style-type: none"> 29 CFR 1910.28 (duty to have fall protection) 29 CFR 1910.29 (criteria & practices) 29 CFR 1910.30 (training requirements) Construction <ul style="list-style-type: none"> 29 CFR 1926.501 (duty to have fall protection) 29 CFR 1926.502 (criteria & practices) 29 CFR 1926.503 (training requirements) ANSI <ul style="list-style-type: none"> 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 - Use the "First Man Up" pole
Exam	The delegate will be required to attain a minimum score of 70% on a written assessment and successfully complete a practical rescue.