

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

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<b>Duration</b>	1 day
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<b>Target group</b>	Any individual who will be working at a height requiring fall protection.
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<b>Prerequisites</b>	None
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<b>Objective</b>	The objectives of this training are: <ul style="list-style-type: none"><li>- Gain knowledge on how to properly use fall protection equipment and be able to assist with the rescue of a suspended worker.</li></ul>
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<b>Contents</b>	<p>The following topics will be covered during the training:</p> <ul style="list-style-type: none"><li>- Discuss OSHA fall protection requirements following:<ul style="list-style-type: none"><li>General<ul style="list-style-type: none"><li>29 CFR 1910.28 (duty to have fall protection)</li><li>29 CFR 1910.29 (criteria &amp; practices)</li><li>29 CFR 1910.30 (training requirements)</li></ul></li><li>Construction<ul style="list-style-type: none"><li>29 CFR 1926.501 (duty to have fall protection)</li><li>29 CFR 1926.502 (criteria &amp; practices)</li><li>29 CFR 1926.503 (training requirements)</li></ul></li><li>ANSI<ul style="list-style-type: none"><li>Z359.1-1992 Safety Requirements for Personal Fall Arrest Systems, Subsystems and Components</li><li>A10.32-2004 Fall Protection Systems Construction and Demolition Operations</li></ul></li><li>A14.3-1992 Ladder safety devices</li></ul></li><li>- Discuss the methods of hazard analysis</li><li>- Identify safe work practices</li><li>- Explain fall protection systems and equipment</li><li>- Calculate fall distances</li><li>- Select proper fall protection including hook selection</li><li>- Inspect fall protection systems</li><li>- Identify improper fall protection use and practices</li><li>- Don and properly fit a full body harness</li><li>- Discuss fall protection and rescue regulations</li><li>- Assess fall hazards to determine rescue methods</li><li>- Discuss the record keeping process for rescue equipment components and systems</li><li>- Develop a written fall protection and rescue procedure</li></ul>
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<b>Exam</b>	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.
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