

SAFETY TRAINING COURSE

Fall Protection User

DURATION
1 day

VALIDITY
3 years

PRICE
\$250

FORMAT
In-person

PRIVATE CLASS SIZE
6 to 16

Fall Protection User is a 1-day course for workers who use fall protection. It follows the CSA standards, the BC OHS Regulation and industry practice. You learn when fall protection is required, the four systems recognized in BC, and the order in which they should be chosen. You examine anchors, connectors, lanyards and harnesses, fit a harness, and inspect equipment for damage. You work out fall distances and clearance, learn the main methods of rescue, and look at what goes into a written fall protection plan. Certification takes participation, a theory test and a practical assessment.

STANDARDS

CSA Z1009:22, Management of Work at Heights
CSA Z259 series



This course is NCSO recognized.

Course modules

01 Course Introduction

BC Deaths from Falls, 2019 · Ladder Safety

02 Fall Protection Systems

Definitions · When Fall Protection is Required · Four Fall Protection Systems in BC · Hierarchy of Fall Protection

03 Fall Protection Equipment

Definitions · ABCs of Personal Fall Protection Equipment · Fall Protection Equipment Standards · Anchors · Connectors · Harnesses · Fall Protection Equipment Inspection · Fall Protection Equipment Systems

04 Fall Protection Planning

Determining Fall Distances · Suspension Trauma · Hierarchy of Fall Rescue · Rescue Methods · Fall Protection Plan

Practical activities

Harness fitting

Fit a full body harness in four steps: sub-pelvic strap, leg straps, chest straps and dorsal D-ring.

Damaged equipment inspection

Inspect fall protection equipment and full body harnesses item by item, and record the findings.

Harness suspension

Experience suspension in a full body harness, following the instructor's direction.

Fall protection plan critique

Review a sample written fall protection plan: does it meet the OHS Regulation, does it cover the required topics, and what are its strengths and areas for improvement?

800-210-2472

halandlearning.ca/safety-courses/fall-protection-user/
GST is added to all prices

