



SAFETY SUPPLIES AND SERVICE FOR THE NORTHWEST

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**TO:**  
**OF:**  
**SUBJECT: SAFETY-AT-HEIGHTS FALL PROTECTION TRAINING**  
**DATE:**  
**TIME:**  
**LOCATION:**  
**TRAINER: Greg McDonald**  
**TUITION:**

**THE COURSE WILL COVER**

Fundamentals of safety-at-heights fall protection, regulations, fall hazard control methods, physics of a fall, Anchor points, Identifying and selection of equipment, building systems-work positioning, restraint & personal fall arrest, calculating fall distance's, suspension trauma & rescue requirements and equipment inspections.

**COURSE FORMAT:** We will conduct a 3hr. hands-on safety at heights fall protection course focusing on equipment usage, practical applications, useful life expectancy and inspection.

**SUMMARY :** I hope this course will serve as a solution to your training needs.

Please call me with any questions, or if you would like to discuss additional details.

Sincerely ,

Greg McDonald

