

**Course Title:** Fall Protection-Safety Working at Heights

**Course Duration:** 3.0 Hours

**Course Description:** To provide workers the skills and knowledge needed to work safely at heights and to comply with OSHA requirements of fall protection

**Topics include:**

- Best & safest practices at working at heights
- Physics of a fall
- Case studies & statistics
- Fall arrest systems
- Rescue Plans

**Course Outline:**

Introduction/Covered Items <ul style="list-style-type: none"><li>• Fall Basics</li><li>• City/OSHA Safety Policies</li></ul>	20 minutes
Physics of a Fall <ul style="list-style-type: none"><li>• Distances/Acceleration of Objects</li><li>• 5 phases of a Fall</li><li>• Cases Studies/Examples</li></ul>	40 minutes
Types of Fall Protection <ul style="list-style-type: none"><li>• Hierarchy of Controls (Safety Triangle)</li><li>• Personal Fall Arrest Systems</li><li>• Positioning Systems</li></ul>	40 minutes
Other Fall Protection Hazards <ul style="list-style-type: none"><li>• Job Site Hazards</li><li>• Ladders</li><li>• Housekeeping</li></ul>	30 minutes
Fall Protection Equipment Inspections & Maintaining Equipment	30 minutes
Rescue Plans <ul style="list-style-type: none"><li>• Types of Rescues</li><li>• Plans &amp; Procedures</li><li>• First-Aid</li></ul>	
Exam/Review	15 minutes
Conclusion	5 minutes

**Time Schedule:** 3 hours

**Training Methodology & Evaluation:** This course in an in-person class. The students will gain knowledge on fall protection, arrest systems, and the following regulations:

- OSHA Standard 29 CFR 1910 Subpart D
- OSHA Standard 29 CFR 1926 Subpart M

There will be an examination on the materials from the class and will receive a Competent Person wallet card at the end of the course.

**Instructor Bio/Credentials:** The course will be given by the City Safety Manager/Regulatory Specialist, Brian Warren. Brian is currently the Lead Chair of the City of Pendleton Safety Committee and has ran safety meetings and safety committees in the public and private sector for over 20 years. He is certified as a Safety Trained Supervisor by the Board of Certified Safety Professionals and has given OESAC approved courses to municipalities and at conferences.