



Fall Protection

Fall Protection for Water Utilities Initial Course

Course Timeline

The exact timing of this course will vary depending on the number of students in the class. However, the schedule below would be typical for this class.

7:30 - 11:30 am

Introduction to Fall Protection

- Fall Basics
- Policies and Procedures
- Qualified and Competent Persons

Physics of a Fall

- Basic Terminology
- Fall Distances

Types of Fall Protection

- Hierarchy of Controls
- Fall Restraint
- Positioning Systems
- Personal Fall Arrest Systems

Other Fall Protection Challenges

- Ladders
- Floor Openings

Equipment Maintenance/Inspection

- Inspection Process
- Retiring Equipment

Rescue

- Types of Rescue
- Rescue Plans and Procedures

Our programs reflect:

ANSI/ASSE Z490.1-2009 *Criteria for
Accepted Practices in Safety, Health,
and Environmental Training*

