



**Safety and Rescue Training**  
for high-hazard work activities

**Confined Space  
Fall Protection  
Excavation  
Forklift**

## Fall Protection for Water Utilities Refresher

Anyone who uses fall arrest equipment must be trained. Refresher training must be provided as needed.

Refresher training is intended to reinforce best practices with respect to fall protection and to ensure that any questions the students have are answered.

This class is designed to be taught online.

Course materials and training reflect applicable federal and state OSHA regulations, as well as ANSI standards.

### Course Objectives

*When you have finished this course you should be able to:*

- Calculate fall clearances and arresting forces.
- Distinguish between fall restraint, work positioning, and fall arrest.
- Don and adjust a harness.
- Inspect fall protection equipment.

Course materials include a student workbook containing the full course content.

### Course Outline

#### Introduction to Fall Protection

Fall Basics  
Policies and Procedures

#### Physics of a Fall

Basic Terminology  
Fall Distances

#### Personal Fall Protection Systems

Anchors  
Body Harnesses  
Selection  
Fitting  
Inspection  
Connectors

#### Positioning Systems

Applications  
Limitations

#### Emergency Response

Our programs reflect:

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

