



Fall Protection

Fall Protection > Competent Person

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.

DAY 1

8:00 - 10:00 am	Introduction to Fall Protection
10:00 - 10:15 am	Break
10:15 am -12:00 pm	<ul style="list-style-type: none">• Fall Basics• Fall Protection Regulations• Qualified and Competent Persons
12:00-12:30 pm	Lunch
12:30 pm - 2:30 pm	Physics of a Fall <ul style="list-style-type: none">• Basic Terminology• Fall Distances and Forces
2:30 pm - 2:45 pm	Break
2:45 - 4:00 pm	Types of Fall Protection <ul style="list-style-type: none">• Fall Restraint• Positioning Systems

DAY 2

8:00 - 10:00 am	Types of Fall Protection <ul style="list-style-type: none">• Personal Fall Arrest Systems
10:00 am - 10:15 pm	Break
10:15 am -12:00 pm	<ul style="list-style-type: none">• Personal Fall Arrest Systems (cont.)
12:00 - 12:30 pm	Lunch
12:30 - 2:30 pm	Equipment <ul style="list-style-type: none">• Maintenance• Inspection
2:30 - 2:45 pm	Break
2:45 - 4:00 pm	Rescue Other Fall Protection Standards <ul style="list-style-type: none">• 29 CFR 1910: General Industry• 29 CFR 1926: Construction Fall Protection for Construction <ul style="list-style-type: none">• Guardrails and Safety Nets• Warning Line Systems• Controlled Access Zones (CAZ)• Fall Protection Plans

Our programs reflect:

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

