



Safety-At-Heights Fall Protection Training Course Objectives and Target Audience

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Training Objectives: This three-hour course will cover the following information: Fundamentals of safety-at-heights protection, regulations, fall hazard control methods, physics of a fall, anchor points, identification and selection of equipment, building systems such as work positioning, restraint, and personal fall arrest, calculating fall distances, suspension trauma and rescue requirements, and equipment inspections.

This course is designed and intended to serve as a solution to training needs, through in-class discussions and demonstrations, in the following areas:

- Identify national statistics on falls and the history of fall hazard control
- Define and understand the hierarchy of controls
- Identify phases and physics of a fall
- Define and discuss building systems
- Understand the basic functions of fall protection equipment, including harnesses, lanyards, connectors, and anchorage connectors
- Understand proper steps and best practices for inspecting fall protection equipment

Target Audience: Public Works Maintenance workers, drinking water, wastewater, and collections; Public Works Directors, maintenance technicians of all grades, utility workers, equipment operators, street workers, supervisors, and laborers.

Thank you,

Greg McDonald