



Fall Protection

Fall Protection > User Training

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.

8:00 - 10:00 am	Introduction to Fall Protection Requirements for Work at Height Fall Protection
10:00 - 10:15 am	Break
10:15 am -12:00 pm	Physics of a Fall <ul style="list-style-type: none">• Basic Terminology• Fall Distances and Forces
12:00-12:30 pm	Lunch
12:30 pm - 2:30 pm	Types of Fall Protection <ul style="list-style-type: none">• Fall Restraint• Positioning Systems Fall Exposures
2:30 pm - 2:45 pm	Break
2:45 - 4:00 pm	Equipment Inspection Rescue

Our programs reflect:

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

