



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

### DAY 2

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

Our programs reflect:

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

