



Safety and Rescue Training  
for high-hazard work activities

**Confined Space**  
**Fall Protection**  
**Excavation**  
**Forklift**

## Fall Protection > User Refresher Training

Anyone who uses fall protection equipment must be trained.

After completing this course, students will be able to inspect their equipment, identify the four main components of fall arrest systems, perform hazard assessments, calculate fall forces/distances, and perform simple rescues.

Course materials and training are in accordance with applicable federal and state OSHA regulations.

### 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.
- List symptoms and means of preventing suspension trauma.
- Respond properly in an emergency.



Course materials include a student workbook containing checklists and forms that are essential for any comprehensive fall protection program.

### Course Outline

#### Fall Protection Basics

Policies and Procedures  
Qualified and Competent Persons

#### Physics of a Fall

Basic Terminology  
Fall Distances

#### Types of Fall Protection

Fall Hazard Assessment Form  
Hierarchy of Controls  
Fall Restraint  
Positioning Systems  
Personal Fall Arrest Systems

#### Other Fall Protection Challenges

Ladders  
Floor Openings

#### Equipment Maintenance/Inspection

Inspection Process  
Retiring Equipment

#### Rescue

Types of Rescue  
Rescue Plans and Procedures

Our programs reflect:

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

