



Fall Protection

Fall Protection > User Refresher 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 - 8:15 am	Introduction to Fall Protection
8:15 - 8:25 am	Requirements for Work at Height
8:25 - 9:00 am	Fall Protection Basics
9:00 - 10:00 am	Physics of a Fall <ul style="list-style-type: none">• Basic Terminology• Fall Distances and Forces
10:00 - 10:10 am	Break
10:10 - 11:00 am	Types of Fall Protection <ul style="list-style-type: none">• Fall Restraint• Positioning Systems
11:00 - 11:20 am	Fall Exposures
11:20 - 11:55 am	Equipment Inspection
11:55 am -12:10 pm	Rescue

Our programs reflect:

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

