

Fall Protection

This course is built around the "Basics of Fall Protection" program, which was endorsed by the Provincial Labour-Management Health and Safety Committee. This course is a "must" for anyone working at heights in any industry. The classroom portion of this course is complimented by hands-on demonstrations of full body harnesses, lanyards, lifelines, rope grabs and other fall prevention and fall arrest equipment. Participants are required to inspect, don and adjust a full body harness and lanyard before a training card will be issued.

The course outline includes:

1. Legal responsibilities surrounding Fall Protection (Employers, Supervisors, Workers)
2. Fall Prevention strategies (Ladders, Scaffolds, Covers, Guardrails etc.)
3. Fall Arrest (Fall Restricting, Safety Nets, Fall Arrest components)
4. Fall Arrest planning (Pendulum, Bottoming out, Free Fall and Rescue)