



# Fall Protection

## Competent Person (Federal)

### Language Available:

- English
- Spanish

### Student Count (per class):

- Min = 1
- Max = 15

### Course Duration:

- 7.5 Hours

### Course Materials:

- Booklet
- Quiz

### Virtual Training:

- Optional

### Course Overview

The Competent Person training enables the attendee to be responsible for the immediate supervision, implementation, and monitoring of a managed fall protection program. Upon completion of this course, you will receive a certificate recognizing you have completed the training required to meet OSHA and ANSI requirements as a Competent Person and Competent Inspector and Trainer.

This course includes in-class lectures including slides and video and hands-on scenarios applying theory discussed to practical workplace situations. This Competent Person training program incorporates both written and practical examinations and is based on the requirements of the OSHA regulations and ANSI Z359.2 standards.

### Recommended Attendance:

Managers, immediate supervisors of individuals working at height, safety professionals or other key personnel that are responsible for the supervision, implementation, and monitoring of a managed fall protection program.

### Fall protection Competent Person (General Industry)

- 1910.28 - Duty to have fall protection and falling object protection.
- 1910.29 - Fall protection systems and falling object protection-criteria and practices.
- 1910.30 - Training requirements.
- 1910.140 - Personal fall protection systems.
- 1926.500 - Scope, application, and definitions applicable to this subpart.
- 1926.501 - Duty to have fall protection.
- 1926.502 - Fall protection systems criteria and practices.
- 1926.503 - Training requirements.

### Topics Covered:

- Overview of Fall Prevention and Protection
- Review OSHA regulations & ANSI standards for fall protection requirements
- Fall Prevention Versus Fall Protection
- Fall arrest and fall restraint systems
- Responsibilities of Competent Persons
- OSHA trigger heights for Fall Protection requirements
- Understand the hierarchy of control when choosing fall protection
- Hazard recognition and analysis exercises
- Understand the selection of the fall protection systems
- Fall Protection discussion on Aerial Lifts and Ladders
- Understand free-fall distances and shock absorption at impact
- Exercise: Students will learn to calculate fall clearance distance for FP Systems
- Review Equipment selection, evaluation, and use
- Understand the selection and use of anchors points
- Comprehend the walking work surface regulations
- Identify the types of fall protection required at your workplace
- Evaluate what to do in the event of a fall emergency
- Recognize suspension trauma and safety precautions
- Donning Personal Fall Arrest Systems (Hands-on)
- Inspection of fall protection equipment requirements and exercise (Hands-on)