



FALL PROTECTION TRAINING (two training courses provided)

- Non-certificate overview training
- Certificate of training

Training duration: 1 ½ hours (overview training) 4 hours (certificate training)

Description:

This training is designed for in-house or on-site training to minimize work down-time and yet provide training and awareness of topics pertaining to fall protection requirements.

Training covers the following topics;

- A-B-C of fall protection
- **A**nchors (engineered, temporary)
- **B**ody harness
- **C**onnecting equipment (lanyards, rope grabs, snap hooks, carabineers, and anchor cables)
- Fall prevention hierarchy (general)
- Guardrails
- Vertical lifelines
- Horizontal lifelines
- SRL (self retracting lifelines)
- Total fall distance vs. free fall distance
- Inspection of equipment
- Maintenance of equipment
- WorkSafe BC Regulations
- Site Specific Fall Plans.

Objectives:

Workers to understand;

- The basic components of a fall protection system
- WorkSafe BC regulation requirements
- The importance of a site specific fall plan & rescue plan
- The importance of inspecting and maintaining fall protection equipment
- The importance of a proper fitting harness
- The core philosophy and logical progression of fall protection hierarchy.

This training is for workers who require general knowledge of fall protection, as well as for temporary workers who may not be expected to use personal judgment in the set up of fall protection systems. This training can also be used as a refresher for workers who have previous training or who are already familiar with fall protection.

Overview training cost: \$300 per group (minimum of 5 trainees and a maximum of 15 trainees)

Certificate training cost: \$125 per person (minimum of 3 trainees and a maximum of 15 trainees)

*Please note: One on one certificate training can be arranged if time permits.