

# UNITED SAFETY SOLUTIONS

P: 715.254.0638  
F: 715.254.0630



826 Bloom Rd  
Eagle River, WI 54521

## FALL PROTECTION TRAINING

OSHA Fall Protection Training  
Course: Hours Instruction  
Hours: Class Room  
Hours: Field Instruction

Regulation 29 CFR 1926.500  
Prerequisites:  
Fee:  
CE Credits:

Fall protection is a broad concept that includes training, procedures, rules, systems, and methods intended to protect workers from fall hazards. Employers are required to provide fall protection training to their employees prior to working on and around elevated surfaces (workers and supervisors who work at elevations).

This course covers the OSHA Fall Protection Standard and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, the OSHA fall protection training standards, fall protection systems, selection of fall protection measures, and inspection and maintenance of fall protection systems. This course can be used to help in a “competent person designation” but, per OSHA regulations, it is the employer who must designate the person as the “competent person.” No training provider can award this designation.

Fall protection implies shared responsibilities:

**Employers:** Be aware of fall hazards; work to eliminate or control your employees’ exposure to them.

**Employees:** Be responsible for following established policies, procedures, and fall protection training requirements.

You accomplish fall protection by doing the following:

- Make fall protection part of your workplace safety and health program.
- Identify, evaluate and eliminate (if possible) fall hazards.
- Train workers to recognize fall hazards.
- Use appropriate equipment to prevent falls and to protect workers if they do fall.
- Inspect and maintain fall-protection equipment before and after using it.

A fall protection system refers to equipment designed to control fall hazards, either to prevent a fall from occurring or safely arrest a fall, including, but not limited to, the following:

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**Personal Fall-Arrest Systems, Guardrail Systems, And Safety Net:** Conventional fall protection; used in most industries where workers are exposed to falls.

**Positioning Devices, Warning Lines, And Safety Monitoring Systems:** More specialized applications; used primarily to protect workers doing concrete formwork and roofing tasks.

**Controlled-Access Zone:** Defines an area where one can do leading edge work, overhand bricklaying and related work, or work under a fall protection plan without using conventional fall protection.

**Restraint system:** Designed to prevent a fall.

Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

**Certification:**

Successful completion requires 80% on both classroom and practical skills.

Upon successful completion, participants receive a wallet card, documentation to satisfy OSHA.