

## Fall Protection Syllabus

**Time:** 8 hours

**Maximum Class Size:** 12

**Prerequisites:** None

### Course Description

266 construction workers fell to their deaths in 2008. In fact, each year, on average between 150 and 200 workers are killed and more than 100,000 are injured from falls at construction sites. OSHA recognizes that accidents involving falls often involve numerous factors. This course will address both human and equipment related-issues in protecting workers from fall hazards. The participant will learn to identify the appropriate safety standards, including listing the OSHA requirements for materials used to cover floor openings, listing the safety requirements that a personal fall arrest system must meet and identifying the anchorage, body wear, and connecting devices of the systems. This participant will also demonstrate how to don and doff a PFAS. Guardrail spacing, and strength standard requirements will also be addressed. This course is designed to empower the participant to identify possible hazards, avoid injury, and work safely and efficiently on the jobsite.

### Goals/Objectives/Student Learning Outcomes:

- Identify, describe and prevent falling hazards and falling object hazards on construction sites.
- State the OSHA standards for fall protection.
- Identify the proper fit, adjustment and use of a personal fall arrest system.
- Given a set of scenarios involving the use of handrails, determine whether the handrails meet OSHA requirements or list the violation for each scenario.
- List the OSHA requirements for materials that are used to cover floor openings.
- List the spacing and strength requirements for guardrail system components.

### Classroom Rules and Procedures

- All classes begin at 6:30 am and end at 3:00 pm
- Upon entering classroom, all participants must sign in and be seated by 6:30 am
- Class will consist of a combination of lecture, video, demonstration, coached group exercises, individual exercises and assessment.
- Students are required to report to class ready to work and maintain the provided PPE

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### Standards

- OSHA 29 CFR 1926.500-503 Subpart M-Fall Protection
- OSHA 29 CFR 1926.451-454 Subpart L-Scaffold Summary
- OSHA 29 CFR 1926 Subpart X-Stairways and Ladders

### Textbooks/Readings/Materials

- *Subpart M: Fall Protection*- LIUNA Training
- OSHA Subpart M: Fall Protection Instructor Materials Power Point
- *Subpart X: Ladders and Stairs*- LIUNA Training
- *Subpart L: Scaffold Summary*-LIUNA Training
- *Scaffold User Safety*- LIUNA Training
- *LTS Fall Protection Student HO Packet and Instructor Version*
- Videos: Fall Protection Basics: The ABCs of Fall Protection ([https://www.youtube.com/watch?v=onw9n17Bt\\_M](https://www.youtube.com/watch?v=onw9n17Bt_M)) Personal Fall Arrest Systems ([https://www.youtube.com/watch?v=c0rg\\_P8jQao&feature=youtu.be](https://www.youtube.com/watch?v=c0rg_P8jQao&feature=youtu.be)), Fall Guy Steve Self-Rescue Demonstration (<https://www.youtube.com/watch?v=PAc7TxbH7Lk>)
- "U.S. Dept. of Labor OSHA Safety and Health Topics: Fall Protection"
- "OSHA-Most Frequently Cited Standards"
- "OSHA Violations Just About the Same-Violations and Penalties for FY 2008" - safety.blr.com
- "Table 3-Fatal occupational injuries by occupation and selected event or exposure, 2008"- U.S. Bureau of Labor Statistics
- *Harness Instruction and Use Manual*-Miller Fall Protection
- "Suspension Trauma/Orthostatic Intolerance"-U.S. Department of Labor

### Tools/Equipment/Other Materials

- Fall arrest harnesses
- Lanyards
- Rope grab and lifeline
- Body belt

### Personal Protective Equipment

- None required

## **Fall Protection Syllabus**

### **Course Requirements**

To receive credit for the course, participants must:

- Be present for full eight hours
- Participate in all classroom exercises
- Pass a written exam
- Pass a hands-on exam

### **Course Policies**

- Participants must be on-time and ready to work.
- Participants must return from breaks on-time.
- Participants must participate in each exercise and assignment
- Participants who are on “light duty” are not allowed to take this course due to the physically demanding requirements.

### **Assessment and Grading**

Participants will be assessed on the following:

- All written exams must be passed with a score of 80% or above.
- All hands-on exercises are graded on performance and participation. They are pass/fail and must be passed with a score of 80% or above.