

Fall Protection Awareness, On-Line Training

Course number:	ESOL-10
Duration:	Approx 60 Min
Cost:	75.00 Per Person
Pre-requisites:	None



Course Description

Nearly 20 % of all lost time injuries can be attributed to falls in the workplace. The majority of falls occur on the same level, while others involve falls to a lower level. The latter usually resulting in more serious injuries or death. Falls are preventable with the correct training.

Our Fall Protection Training Program will provide participants with an understanding of their responsibilities when working in areas where fall hazards exist, the use of and inspection of the required equipment and the critical controls necessary to reduce the risk of a fall.

Upon successful completion, a **2 year Fall Protection certificate** will be issued automatically.

Online Course Content

Fall Protection and Fall Arrest systems

- ✚ Lost time injuries & statistics
- ✚ Fall Prevention versus Fall Arrest
- ✚ Travel restraints
- ✚ Fall arrest systems

General Responsibilities

- ✚ Employers & Supervisors
- ✚ Workers
- ✚ General precautions & safe working procedures

Fall Arrest Systems

- ✚ Anchorage or tie-off points, D ring full body harness, CSA standards, D ring Connecting devices, lifelines, shock absorbing lanyards, horizontal & vertical lifelines

Fall Hazards and Controls

- ✚ Hazards due to pendulum swings
- ✚ Planning guidelines, anchor points

✚ Rescue plans

Inspection of Equipment

✚ Harness, buckles, nylon straps, webbing, friction buckles, self retracting devices

Donning a Harness

✚ Step by step instructions

✚ Care, cleaning, life expectancy