



## **M&A Safety Services**

512 Viaulet Road  
Youngsville, Louisiana 70592  
Main: 337-451-4685  
Fax: 337-451-5847  
[www.masafetyservices.com](http://www.masafetyservices.com)

### **Fall Protection Competent Person**

#### Course Outline

**Prerequisites:** The delegate should have previously completed Fall Protection User training.

**Course Length:** 6-8 hours - Course length shall vary depending on the number of delegates. Total course time includes breaks and meals.

**Class Size:** The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and twenty (20) in the practical session. A second instructor shall be added for the practical session once the participation exceeds twenty (20) and exercises will be divided into groups.

#### **Course Objective**

- Inform personnel of the regulations regarding fall protection.
- Provide the relevant information associated with the types, proper inspection, use and safe practices when using fall protection.
- Address items outlined in ANSI Z359 2007 relating to fall protection equipment.
- Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

#### **Course Design**

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

#### **Successful Course Completion**

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
- Successful completion of practical session is mandatory.

#### **Course Content Summary**

- Classroom
- Practical's

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 Hour



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### **Course Outline**

#### About Fall Protection

- Review OSHA Construction Statistics
- Most Frequently Cited Serious Construction Violations

#### Review OSHA Regulations

- Sub Part M – 1926.500-503
- Scope and Application
- OSHA Definitions (1926.500)
  - Competent Person
  - Qualified Person
  - Personal Fall Arrest System
  - Anchorage
  - Body Harness
  - Lanyard
  - Connector
  - Snap Hook
  - Self-Retracting Lifeline/Lanyard
  - Deceleration Device
  - Deceleration Distance
  - Free Fall
  - Free Fall Distance
  - Hole
  - Opening
  - Leading Edge
  - Life Line
  - Rope Grab
  - Controlled Access Zone
  - Safety Monitoring System
  - Walking/Working Surface
  - Guardrail System
  - Toe Board
  - Warning Line System
- Duty to Have Fall Protection (1926.501)
  - Employer Responsibilities
    - Unprotected Sides and Edges
    - Leading Edges
    - Hoist Areas
    - Holes
    - Formwork and Reinforcing Steel
    - Ramps, Runways
    - Excavations



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- Dangerous Equipment
- Wall Openings
- Walking/Working Surfaces
- Providing Engineering Controls
- Fall Protection Systems Criteria and Practices (1926.502)
  - Employer Responsibilities to Install Fall Protection Systems
    - Guardrail Systems
      - Top Rail
      - Mid-Rail
      - Toe Board
    - Safety Net Systems
      - Installation Requirements
      - Drop Test Requirements
      - Vertical Distance from Working Levels
      - Defective Nets
      - Inspection
    - Personal Fall Arrest Systems
    - Connector
    - Snap Hooks
    - Horizontal Life Lines
    - Lanyards/Vertical Life Lines
    - Anchorage
    - Controlled Access Zones
    - Control Line
    - Warning Line System
    - Safety Monitoring System
    - Fall Protection Plans
- Training Requirements (1926.503)
  - Training Program
  - Certification of Training
  - Retraining

### Fall Hazard Recognition

- Anchorage Points
- Equipment
- Fall Clearance
  - Example
- Objects
- Other Hazards
- Rescue Plan



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### **Walking/Working Surface**

- Slips, Trips, and Falls
  - Statistics
- General Requirements
- Why Slips Occur
- Slip Prevention
- Why Trips Occur
- Trip Prevention
- Fall Prevention
- Fall Prevention on Stairs
- Floor Hole
- Floor Opening
- Stairway Floor Opening
- Fixed Industrial Stairs
- Ladder-way Floor Opening
- Wall Opening
- Open-Sided Floors and Platforms
- Standard Guardrail System
- Scaffolding
- Scaffolding Safety
- Portable Ladders
  - Portable Ladder Angle
- Fixed Ladders
- General Ladder Safety
- Floor Loading Protection
- Floor Opening Cover Design

### **Practical Session**

Practical training shall utilize common fall protection equipment.

Practical shall verify the following:

- Properly select and wear appropriate PPE during practical training
- Conduct proper pre-use inspection of PPE and fall protection equipment
- Properly Don a full body harness
- Select and use fall protection lanyard/deceleration device
- Select and use proper anchor points
- Identify and select proper rescue equipment
- Develop JSA for elevated work surface
- Develop Rescue Plan for elevated work surface
- Ability to properly store equipment and PPE



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### **Training Center Provided Material**

- PPE
- Fall Protection Equipment

### **Delegate Requirements**

- Must possess good physical health as the practical training is physical demanding.

### **Reference Material / Documents**

OSHA 29 CFR 1926.500-503

OSHA 29 CFR 1910.66 App C

American National Standards Institute (ANSI) Z359 Standard