



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

Course Content Summary

-) Classroom
-) Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour



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Course Outline

About Fall Protection

-) Review OSHA Construction Statistics
-) About the Standard
-) Most Frequently Cited Serious Construction Violations

Review OSHA Regulations

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



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- Ramps, Runways
- Excavations
- 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
 -) Stopping a Fall
 -) Practices
 - 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



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-) Objects
-) Other Hazards
-) Rescue Plan

Walking/Working Surface

-) Slips, Trips, and Falls
 - o Statistics
-) General Requirements
-) Why Slips Occur
-) Slip Prevention
-) Why Trips Occur
-) Trip Prevention
-) Fall Prevention
-) Fall Prevention on Stairs
-) Floor Hole
-) Floor Opening
 - o Open Hole Video Clip
-) 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
 - o Portable Ladder Angle
-) Fixed Ladders
-) General Ladder Safety
-) Floor Loading Protection
-) Floor Opening Cover Design

Fall Protection Competent Person Scenarios

-) Scenario #1
-) Scenario #2
-) Scenario #3



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Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify that the delegate is able to complete the following:

-) Select and wear appropriate PPE during practical training
-) Conduct proper pre-use inspection of PPE and fall protection equipment
-) Don a full body harness properly
-) 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
-) Store equipment and PPE properly

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