



Fall Protection User/Rescue

Course Outline

Prerequisites: This course shall have no formal pre-requisite.

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

-) Provide delegates assigned to work at height and rescue duties the necessary skills to safely perform their jobs.
-) Discuss types of falls and associated dangers, injuries.
-) Discuss common fall protection systems utilized.
-) Review PPE considerations
-) Describe/discuss personal fall arrest systems.
-) Perform pre-use inspection procedures.
-) Inform personnel of the regulations regarding fall protection rescue.
-) Provide the relevant information associated with the development and implementation of a fall protection rescue plan.
-) Discuss the types of rescue equipment available and how to respond to a rescue situation.
-) Demonstrate proper use of rescue 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.



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Course Content Summary

-) Classroom
-) Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour

Course Outline

About Fall Protection

-) OSHA Statistics
-) Common Reasons for Falls
-) Key Historical Event
 - o Golden Gate Bridge
 - Start of the Safety Movement
-) Fall Protection Video "Gravity Kills"

Types of Falls

-) Falls From Same Level
 - o Slips, Trips
-) Falls From Elevation
-) What Makes Falls Dangerous
 - o Free-Fall Distance
 - o Free-Distance Example
 - o Free-Fall Distance Calculations
 - o Total Fall Distance Calculations
-) Factors in Fall Severity
 - o Shock Absorbing Lanyards
 - o Arresting Force with Example

Fall Protection

-) Requirements
 - o General Industry
 - o Construction Industry
-) Employee Training Criteria
-) Anchor Point Criteria
-) Anchor Point Examples
-) Anchorage Placement
 - o Beam Anchorage
 - Beam Clamps
 - Beam Straps



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-) Body Harness
 - o Characteristics
 - o Components
 - o Donning
-) Body Belt
-) Positioning Device
-) Fall Arrest Lanyards
 - o Different Types
 - o Characteristics
-) Body Harness/Lanyard Inspection
 - o Fall Protection Inspection Video
-) Connectors
 - o Snap Hooks
 - Different Types
-) Deceleration Devices
 - o Different Types
 - o Characteristics
-) Rope Grab
-) Horizontal Life Line
-) Climbing Technique
-) Safety Nets

Fall Protection Safety

-) Employee Responsibilities
-) Hazard Assessments
-) Control Measures
 - o Engineering Controls
 - o Administrative Controls
 - o Personal Protective Equipment (PPE)
-) Rescue Plan
-) Suspension Trauma
 - o Symptoms
 - o Effects on the Body
 - o How to Avoid
-) Self-Rescue
-) General Precautions When Working at Elevation

About Fall Rescue

-) What is Fall Rescue?
-) Employer Responsibilities
-) Employee Responsibilities



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-) Orthostatic Intolerance
-) How long can someone stay suspended?
-) Importance of Rescue Planning

Fall Rescue

-) Rescue Plan Contents
-) Rescue Plan Considerations
-) Post Fall Procedures
-) Medical Considerations
 - o Suspended Victim
 - o Rescued Victim
-) Types of Rescues
 - o Self-Rescue
 - Deployable Ladders
 - Descent Devices
 - o Assisted Rescue
 - Evacuation Harness
 - Self-Retracting Lanyards
 - Personnel Hoist
 - Rescue Pole/Remote Hook
 -) Components/Use
 -) Synthetic Rope & Tackle Box
 - o Professional Rescue

Practical Session

Practical training shall utilize common fall protection equipment.

Practical shall verify that the delegate can 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
-) Operate a deceleration device properly
-) Select and use proper anchor points
-) Identify and select proper rescue equipment
-) Perform an assisted rescue
-) Properly store equipment / PPE

Training Center Provided Material

-) PPE
-) Fall Protection Equipment



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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