Certified Fall Protection Training

Course Description:

The Fall Protection Program has been designed to meet the needs of commercial and industrial workers, as they relate to fall safety. The program was developed in accordance with the requirement acceptable to the Alberta Construction Safety Association and the Oil Sands Safety Association. This program is fully accredited by OSSA and is also recognized by the ACSA.

Course Objectives:

The goal of the program is to ensure that potential recipients fully understand the principles of fall protection safety as they apply to the work environment. Some of the material a student will be expected to learn are:

1. Fundamentals and Regulations of fall protection
2. Ways to eliminate potential fall hazard
3. The ability to identify the various components of fall arrest systems, as well as travel restrain systems
4. The specifications, limitations, proper care and inspection procedures of all equipment
5. The methods of essential planning to control potential fall hazards
6. The knowledge required to be prepared and plan for a potential rescue situation

Structure of the Course:

The course will include an in-class (theory) component, as well as practical application of material learned and will be followed by a comprehensive test. Some of the topics that will be covered are:

1. Basics of Fall Protection
2. Travel Restraint
3. Fall Arrest
4. Anchor Points
5. Connectors
6. Body Holding Devices
7. Specialty Solutions and Situations
8. Proper ways of taking care of your Equipment
9. Rescue Planning and Control
10. Fall Protection Systems

A student can expect to complete the course in roughly 6-8 hours. If a student wishes to re-certify at a later date, the program can be covered in 4 hours.