

Hands-On

# Fall Protection Competent Person Certification



## Course Description

This Hands-On Competent Person 24 hour (3-Day) intensive course addresses the statutory requirements under OSHA focusing on 29 CFR1926 Subpart M Fall Protection and the ANSI standard Z359.2-2007 Minimum requirements for a managed comprehensive Fall Protection.

This course covers the positions of Competent Person, Competent Rescuer, Competent Person Trainer, and Competent Person Equipment Inspector, it discusses Corporate Policy, Program Administration Guidelines, and Qualified Person and Authorized Person relationships (all instrumental to the role of competent persons).

Practical skills constructing temporary fall protection systems for difficult access locations, equipment inspections and post fall rescue procedures are covered. Competent persons must have a depth of knowledge in fall protection systems, sub-systems and components.

The training also develops team rescue strategies, procedures and protocol essential to implementation of a successful rescue.

Students are evaluated by main objectives for work at height. All training is conducted in accordance with ANSI Z359.2 - 490.1 Accepted Practices and Criteria for Health, Safety and Environmental Training

Hands-On testing is applied to ensure maximum retention and understanding by all students.



## Students Will Learn

- **Establish the importance within the culture of prevention**
- **Establish awareness and adherence to statutory requirements and company policies**
- **Identify fall risks of the work environment and conduct pre-climb protocol**
- **Demonstrate the first principles of fall protection equipment including care and maintenance.**
- **Demonstrate the first principles of fall rescue equipment**
- **Effect a successful self-evacuation**
- **Effect a successful ladder rescue**
- **Effect a successful lowering a remote casualty**
- **Effect a successful raising a remote casualty**

- **Effect a successful rescue of another in descent**
- **And more...**

## Target Audience

For persons in positions of responsibility (as defined within ANSI Z359.2) who directly participate within the daily operations of a corporate safe work at height fall protection program.

## Prerequisites

All students should have a basic understanding of Personal Fall Protection Systems.

## Course Outline

Module 1: Registration, Introduction, Appeals process, Under pinning knowledge

Module 2: OSHA and Training

Module 3: Understanding Safety

Module 4: Identifying Hazards and Implementing Control Measures under safe access and rescue

Module 5: Approach to Fall Protection

Module 6: Fall Rescue Equipment

Module 7: Rescue Requirements

Module 8: Suspension Trauma

Module 9: Personal Information for medical responders

#### Hands-On Practical:

1. Authorized Inspection PFPE
2. Emergency Rescue Equipment
3. 1st Principles of PFPE
4. Post Fall Suspension Mitigation Techniques
5. Conduct a Pre-climb Checklist
6. 1st Principles Safe Climb System and Ladders
7. Ladder Rescue
8. Self-Evacuation by Descent (self / partner)
9. Lowering a remote casualty (tower inside / tower outside)
10. Multi-person Rescue
11. Over the Edge Rigging for Rescue

#### Notes

Note Students must be medically and physically fit with a desire to work at heights. The training environment may require the use of specialized access methods such as those employed within suspension and rope access practices. These practices may be utilized as effective safety tools within the delivery of this program.

#### Delivery Method

Instructor-Led.

#### Equipment Requirements

**(This apply's to our hands-on courses only)**

BTS always provides equipment to have a very successful Hands-On course. BTS also encourages all attendees to bring their own equipment to the course. This will provide attendees the opportunity to incorporate their own gear into the labs and gain valuable training using their specific equipment.

#### Course Length

3 Days