

Hands-On

Hands-On Fall Protection and Ladder Safety

Safety Course



Course Description

This Hands-On course provides in-depth practical training for both ladder safety and fall protection on conventional and unconventional applications and is based on the latest OSHA and ASME standards and requirements.

When work is performed on elevated surfaces or during construction and service activities, protection on ladders and against falls must be considered.

Employers/Contractors are required to have and or provide a training course for each employee who might be working with or on ladders and exposed to fall hazards. The course must provide each person to recognize the risks and hazards of using ladders and their working environment to provide solutions to minimize these risks and hazards.



This course is a practical all Hands-On course. This training not only protects the individual but it also provides protection for the company and or contractor(s) from accidents, accidental injuries, deaths and litigation and liabilities.

Ladder Safety Application Exercises (Case Studies, Exam, Hands-Field Labs)

Students Will Learn

- **Basic Safety**
- **Hazard Recognition**
- **Fall Protection OSHA Standards and Definitions**
- **Ladder Specifications**
- **Ladder Responsibilities**
- **Ladder Usage**
- **Hole Covers**
- **Guard Rails**
- **Stairs, Elevated Areas and Roof Tops**
- **Personal Fall Protection Equipment (Anchor, Body Harness, Connecting Devices, Decent and Rescue**

- Devices).
- **Fall Protection Plan**
 - **Controlled Access Zones**
 - **Safety Monitoring System and Reports**
 - **Ladder Safety Application Exercises (Case Studies, Exam, Hands-Field Labs)**

Target Audience

Anyone that is working in or around elevated surfaces in a workplace and or any contracted area.

Prerequisites

None.

Course Outline

Module I: Safety and Hazard Recognition

Module II: Fall Protection OSHA Standards and Definitions.

Module III: Ladders Usage

Module IV: Hands-On Field Labs and Exam

Notes

Attendees need to bring the following to the class (to become familiar with their specific equipment)

- Steel Toe Boots
- Hard Hat
- Gloves
- Body Belt/Body Harness
- Any specific Fall Protection devices.

Delivery Method

Instructor-Led with numerous Hands-On Labs and Field Exercises.

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

1 Day