



### Fall Protection/Fall Arrest

Half of the course is classroom training, the second half is practical. The course is actually "Basics of Fall Protection", which covers the following:

#### **Classroom Portion:**

Occupational Health & Safety Act  
Applicable CSA Standards  
Bill C-45  
Fall Protection vs. Fall Arrest  
Fall Prevention  
Guardrails  
Protective Covers  
Ladders  
Scaffolds  
Powered Elevating Work Platforms (Scissors/Booms)  
Warning Barriers & Bump Lines  
Travel Restraint Systems  
Fall Arresting Systems  
Work Positioning  
Suspension Systems  
Rescue Systems & Plans  
Lifelines  
Hazards  
Written Test

#### **Practical Portion:**

How to Inspect a Harness/Lanyard  
Care and Cleaning of Harness/Lanyard  
How to Correctly Don a Harness  
Practical Testing on Ladder Inspection/Use  
Participants will then be hooked up by the 'D' ring of their harness, to our overhead crane (regularly inspected and maintained, lifting capacity of 4000 lbs) and lifted approx. 6" off of the ground for a few seconds - the purpose is to understand the pressure/force a harness would exert if there were a fall and that it is in their best interests to do everything possible to avoid a fall.

**Public Course:      At our location \$100.00/person**