**Fall Protection Safety Class: Course Outline and Objectives**

**Course Objective: To provide participants with comprehensive knowledge and skills to recognize, evaluate, and mitigate fall hazards in the workplace, ensuring compliance with OSHA regulations and industry best practices.**

**Target Audience: Workers, supervisors, and safety personnel involved in tasks or occupations that require working at heights or in areas where fall hazards exist.**

**Course Modules:**

1. **Introduction to Fall Protection**
   * **Fall hazard statistics and common causes**
   * **OSHA standards and regulations (29 CFR 1926 Subpart M)**
   * **Types of fall protection: passive and active systems**
2. **Hazard Identification and Risk Assessment**
   * **Recognizing fall hazards in various work environments**
   * **Calculating fall distances and clearance requirements**
   * **Understanding swing fall hazards**
3. **Fall Protection Systems and Equipment**
   * **Guardrails, safety nets, and hole covers**
   * **Personal Fall Arrest Systems (PFAS): components and limitations**
   * **Fall restraint and work positioning systems**
4. **Proper Use of Personal Fall Protection Equipment**
   * **Full-body harnesses: selection, fitting, and inspection**
   * **Lanyards and connectors: types and proper usage**
   * **Anchorage points and lifelines: requirements and installation**
5. **Fall Protection Planning**
   * **Developing comprehensive fall protection plans**
   * **Selecting appropriate fall protection methods for specific tasks**
   * **Implementing effective safety measures**
6. **Equipment Inspection and Maintenance**
   * **Pre-use inspection procedures for fall protection equipment**
   * **Proper storage and care of equipment**
   * **Documentation and record-keeping requirements**
7. **Rescue Planning and Procedures**
   * **Developing emergency response plans for fall incidents**
   * **Self-rescue techniques**
   * **Assisted rescue methods and equipment**
8. **Practical Exercises and Demonstrations**
   * **Hands-on practice with fall protection equipment**
   * **Simulated fall protection scenarios and risk assessments**

**Key Takeaways:**

* **Participants will understand OSHA requirements for fall protection.**
* **They will be able to identify fall hazards and calculate fall clearance distances.**
* **Participants will learn proper selection, use, and inspection of fall protection equipment.**
* **They will gain knowledge of rescue procedures and emergency response planning.**

**Delivery Methods:**

* **Instructor-led training with hands-on components**
* **Practical exercises and demonstrations using actual fall protection equipment**

**Certification:**

* **Successful completion leads to a Fall Protection Safety certification (valid for 2 years)**

**This course is designed to meet OSHA compliance requirements and provide comprehensive training for workers exposed to fall hazards, emphasizing hazard recognition, equipment use, and emergency preparedness.**