



16 hr. Competent Person Fall Protection Training

“Building From the Sky Down”



ATLANTIC FALL PROTECTION Training 2016

Course Information

Employers shall provide Competent Persons to supervise Authorized Persons who are exposed to fall hazards. ANSI Z359.2 (3.2.1.8)

Our Competent Person Fall Protection Training complies with ANSI Z359.2 and OSHA 1926.503 Standards. Our trainers are all extremely knowledgeable and experienced in the fall protection field. Classes are catered to the customers' needs with a combination of power point presentations, videos and practical application.

Upon completing Atlantic Fall Protection's Competent Person training, students have a thorough understanding of fall protection equipment selection, donning of the harness, connecting devices, passive systems, restraint systems, arrest systems, hazard identification and elimination, positioning systems, rescue systems, anchorages, fall protection inspections and OSHA and ANSI fall protection standards. All individuals that successfully complete the course exam are presented with a Certificate of Completion.

Course Subject Matter Includes:

- Course Binder
- Applicable OSHA Regulations and ANSI Standards.
- Intro to Fall Protection | Fall Protection Definitions
- Requirements of a Managed Fall Protection Program
- Identification of Fall Hazards | Identification of Non-Certified Anchor Points
- Proper Donning of the Full Body Harness | Harness Suspension Exercise
- Personal Fall Arrest Systems | Restraint Systems | Positioning Systems
- Guardrail Systems | Safety Net Systems
- Inspection Requirements | Inspection Practical Application
- Elevated Work Platforms
- Portable Ladders
- Basic Rescue 101
- Test

This course may also include demonstrations from Little Giant Ladders, Miller Fall Protection and/or Capital Safety/DBI SALA.

Coffee and donuts/bagels are provided each morning.

Typical class sizes are 6-15 students and can be conducted at your place of business.

Please feel free to contact us with any questions.

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