



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Prevention
- b) Restraint
- c) Fall Arrest
- d) Standards
- e) Why Training

2) Protection Plans

- a) Competent Person
- b) Warning Lines
 - 1) Controlled Access
- c) Safety Measures
 - 1) Hole Covers
 - 2) Railing
 - 3) Falling Objects
 - 4) Netting
 - 5) Rebar Caps
- d) Fall Clearance
 - 1) Free Fall
 - 2) Swinging Falls
- e) Rescue Plans
- f) Case Study

3) Anchorage Points

- a) Aerial Lifts
- b) Scaffolding
- c) Ladders
- d) Other Considerations
 - 1) Confined Spaces
 - 2) Steel Erection
 - 3) Roofing
 - 4) Guardrails



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- 5) Transitioning
- e) Case Study
- 4) Body Wear**
 - a) Pre-Shift Inspections
 - 1) Straps
 - 2) Buckles
 - 3) D-Rings
 - 4) Body Belts
 - b) Donning & Doffing
 - c) Case Study
- 5) Connective Devices**
 - a) Carabiners
 - b) Lifelines
 - 1) Horizontal Lifelines
 - 2) Vertical Lifelines
 - 3) Grabs
 - c) Lanyards
 - 1) Snap Hooks
 - 2) Internal
 - 3) Pack-Type
 - 4) Self-Retracting Lifeline
 - d) Case Study
- 6) Emergencies**
 - a) Aftermath
 - b) Recue
 - c) Case Study
- 7) Conclusion**