



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) About Falling Objects
- b) Impact
- c) Standards
- d) Why Training

2) Safety Principles

- a) Gravity Principles
- b) Work Safely
 - i. Securing Loads
 - ii. Lifting Loads
 - iii. Working Around Loads
 - iv. Cranes
 - v. Ladders
 - vi. Emergency Response
 - vii. Hierarchy of Controls
 - viii. Elimination & Substitution
 - ix. Engineering Controls
 - x. Administrative Controls
 - xi. Personal Protective Equipment (PPE)

3) Controls

- a) Elimination & Substitution
 - i. Anchor Points on Your Equipment
 - ii. Anchor Points on Existing Structures
 - iii. Tool Connectors
 - iv. Tool Lanyards
 - v. Bag & Bucket Closures
- b) Engineering Controls
 - i. Toe Boards
 - ii. Screens & Panels
 - iii. Guardrails & Mid Rails



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- iv. Materials Storage
 - v. Covers
 - vi. Canopies & Nets
 - vii. Barricades
 - c) Administrative Controls
 - i. Controlled Access Zones
 - ii. Expanded Fall Protection Program
 - iii. Training
 - iv. Housekeeping
 - v. Inspections
 - vi. Risk Assessments
 - vii. Pre-Shift Safety Meetings
 - d) PPE
 - i. Hard Hats
 - ii. Safety Toe Boots
 - iii. Protective Eyewear
- 4) Hazards
 - a) Heavy Machinery
 - b) At Heights
- 5) Conclusion