

Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Our goal is to provide you with general knowledge about fall protection in the maritime industry. We hope that with this knowledge, you can then keep yourself and those around you safe.



HARD HAT
TRAINING SERIES

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FALL PROTECTION
MARITIME TRAINING



In many industries, the risk of injury or death from falling from heights is ever present in all work areas, and the maritime industry is no exception. When it comes to longshoring operations, for example, one study shows that the second highest cause of death was a tie between falling and drowning, second only to vehicle accidents.





Falls can happen to anyone at anytime, regardless of age, work experience, or physical ability. All it takes is a small slip, a brief loss of balance, or a sudden shift in the walking platform or work conditions, and if the correct fall protection is not used in those critical moments, tragedy can occur. Take, for example, the following true case study.



The 53-year-old captain of a small freighter docked his ship at a port in Australia for repairs. On the final night of their stay, the captain and his friend, the chief engineer, went ashore to have a few drinks at a farewell dinner. When they returned to the ship, the engineer boarded the ship first before he and other nearby crewmembers heard a crash. They found the gangway tipped on its side and the captain floating facedown in the water.





The subsequent investigation of the accident found that the guide-ropes set up along the gangway were too loose. Presumably, when the captain lost his balance, the slack in the ropes allowed him to upset the center of gravity of the entire gangway. While the crew did all they could to save their captain, he drowned days before he could go home for leave.



Probably the hardest truth to accept with accidents like this one is that they could have been prevented. Had someone recognized the hazards present and followed safe operating procedures, then the captain may have made it home. Instead, he now serves as another warning emphasizing the importance of using proper fall protection.



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During this training, we will discuss various principles regarding working at heights. First, we'll cover general knowledge about fall protection, including some terminology and basic safety standards you should be familiar with.



Next, we will go over some of the types of fall protection equipment, including anchorage points, body wear, connective devices, and others. We will then discuss how to inspect these pieces of equipment for damage or other signs of wear and tear and offer guidance on replacement or repairs.





After we discuss equipment and proper inspection methods, we will go over safe operating procedures to follow when working with fall protection. We will emphasize principles such as the importance of being familiar with your equipment and your worksite, as well as basic knowledge on what to do should the need for a rescue arise.



Finally, we will conclude by identifying the most common hazards present when working at heights and discuss how to prevent or respond to them. We'll also include a handful of case studies based on actual events to illustrate the importance of recognizing these hazards.



Standards

SAMPLE



STANDARDS

29 CFR 1915 Occupational Safety and Health Standards for Shipyard Employment

- Subpart E – Scaffolds, Ladders, and Other Working Surfaces
- Subpart I – Personal Protective Equipment
 - 1915.159 Personal fall arrest systems (PFAS)
 - 1915.160 Positioning device systems

29 CFR 1917 Marine Terminals

- 1917.112 – Guarding of edges
- 1917.117 – Manlifts
- 1917.118 – Fixed ladders

29 CFR 1918 Safety and Health Regulations for Longshoring

- 1918.22 – Gangways
- 1918.32 – Stowed cargo and temporary landing surfaces
- 1918.35 – Open hatches
- 1918.36 – Weather deck rails

Listed above are some of the standards pertaining to fall protection in the maritime industry. Keep in mind that additional standards may apply, depending on the country in which your ship is operating, as well as company policies and regulations. It is your duty as a safe worker to know and follow all laws, standards, and regulations that apply to your worksite.



STANDARDS

29 CFR 1926 - Construction Industry

- 1926.501 – Duty to have fall protection.
- 1926.502 – Fall protection systems criteria and practices
- 1926.503 – Training Requirements

29 CFR 1910 - General Industry (29 CFR 1910)

- 1910.29 – Fall protection systems and falling object protection-criteria and practices
- 1910.28 – Safety requirements for scaffolding
- 1910 App C – Personal Fall Arrest System
- 1910.67 – Vehicle-mounted elevating and rotating work platform
- 1910.140 – Personal fall protection systems

For this training, we have also included a list of fall protection standards from construction and general industry. Not all of these standards will apply to your specific worksite, but since there are sites that may have aspects pertaining to other industries, we have included this list as a reference guide.

Workers are required to receive refresher training when...

- 1 There are changes in their assigned duties.
- 2 There are changes regarding potential exposure to hazards for which the employees have not received training.
- 3 There is any deficiency noted in an employee's work performance that is related to the safety and health of themselves or other workers.
- 4 If an accident or anytime an employee is injured or nearly injured during operations.

NOTE: In some areas, refresher training is required at least every three years (if not sooner).

Necessity for Training & Retraining

Anyone who works at heights within the maritime industry must receive worksite-specific training prior to working on their own, and then they must be retrained periodically.



OSHA's standards specify that in some industries, refresher training must take place every three years. Even for standards that aren't specified, it is best practice to do refresher training at least every three years. A so-called "free pass" can't just be awarded based on experience, age, or time on the job. The extent of the evaluation is to be determined by the employer, but should include a written and practical examination that proves continued competency.

The OSHA logo, featuring a blue circular icon with a white stylized 'O' and the letters 'SHA' in a large, black, serif font, with a registered trademark symbol (®) to the upper right.

Training Documentation

Initial training, as well as any evaluations or refresher courses must be documented with the name of the person or persons who taught the class or conducted the evaluation. Although OSHA doesn't require wallet cards as proof of training, many companies and worksites do require onsite proof that you have been trained. At the very least, in the case of an investigation, OSHA will want to see proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on).

Workers using fall protection share in the responsibility to ensure that they and their coworkers have:

- Received training by qualified personnel
- Read and understood the manufacturer's operating instructions and safety rules as found in the operator's manual.
- Read and understood all decals, warning labels, and capacity plates on the machine and attachments
- Performed a thorough pre-shift inspection each day before operating the machine



General Knowledge

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