



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) Standards
- b) Why Training?
- c) Training Documentation

2) General Knowledge

- a) Competent Person & Qualified Person
- b) Fall Protection Program Plan
 - i. Fall Protection Plan Requirements
- c) Fall Protection Categories
 - i. Fall Prevention
 - ii. Fall Restraint
 - iii. Fall Arrest
 - iv. Positioning System
 - v. Passive & Active Systems
- d) Maximum Arresting Forces & Safety Factors

3) Equipment

- a) Personal Fall Protection Systems
- b) Body Wear
 - i. Body Harness
 - a. Full-Body Harness
 - b. Shoulder, Chest, and Leg Straps
 - c. Sub-Pelvic Strap
 - d. Dorsal D-Ring
 - e. Other Components
 - f. Harness Inspection
 - g. Other Hardware
 - h. Tags & Labels
 - ii. Body Belts
 - a. Body Belt Inspection
 - iii. Other Body Wear



TRAINING OUTLINE

- c) Anchorages
 - i. Inspecting Anchorages
 - ii. Lifelines
 - a. Vertical Lifelines
 - b. Horizontal Lifelines
 - c. Inspecting Lifelines
 - iii. Prohibited Anchorages
- d) Connective Devices
 - i. Snap Hooks
 - a. Snap Hook Safety Latch
 - ii. Lanyards
 - a. Shock-Absorbing Lanyards
 - b. Internal Stretch Lanyards
 - c. Pack-Type Lanyards
 - d. Non-Shock-Absorbing Lanyards
 - e. Inspecting Lanyards
 - iii. Self-Retracting Lifeline
 - a. Inspecting SRLs
- e) Fall Prevention Systems
 - i. Guardrails
 - ii. Ladder Cages & Wells
 - iii. Safety Nets
 - iv. Inspecting Passive Systems

4) Safe Operations

- a) Familiarity with Equipment
 - i. Training
 - ii. Operator's Manual & Labels
 - iii. Select the Correct PFPS
 - iv. Inspections
 - v. Donning: Body Wear
 - vi. Donning: Full-Body Harness
 - vii. Donning: Body Belt
 - viii. Using Connective Devices
 - ix. PFPS Storage
 - x. Guardrails
 - xi. Safety Nets
- b) Familiarity with Worksite
 - i. Fall Clearance Distance



TRAINING OUTLINE

- ii. Scaffolds
- iii. Aerial Lifts
- iv. Ladders
- v. Confined Spaces
- vi. Excavation
- vii. Holes & Openings
- viii. Alternative Fall Protection
- ix. Safety Monitors
- x. Controlled Access Zone

5) Hazards

- a) Lack of PFPS
- b) Lack of Jobsite Assessment
- c) Incorrect PFPS Selection or Use
- d) Failure to Inspect Equipment
- e) Lack of Housekeeping
- f) Lack of Training
- g) Other Hazards
 - i. Distractions
 - ii. Fatigue
 - iii. Environmental Factors
 - iv. Emotional & Physical Health

6) Rescue Plan

- a) Description of Worksite
- b) Emergency Services
- c) Onsite Rescuers
- d) Rescue Procedures
- e) Safety Analysis
- f) Post-Fall & Post-Rescue Procedures

7) Conclusion