

# Minnesota State

## Community and Technical College

### Workforce Development Solutions

#### COURSE SYLLABUS FORM

**Title:** Fall Protection Training

**Project/Course Number:** IHS454

**Contact Hours:** 6 hours

**Project/Course Description:**

Participants will learn to identify proper applications for ladder and scaffolding use and will also learn when additional personal protection equipment (PPE) is necessary for fall protection and prevention of injury. The participant will also learn safe work practices when working on or around scaffolding and ladders.

**Project/Course Outcomes - Participants Will Learn To:**

- State the motivation behind fall protection and some of the accident statistics
- Explain at what height fall protection is required in their work environment
- Explain the hierarchy of fall protection
- Indicate the difference between fall prevention and fall arrest and their benefits/advantages
- Calculate free fall, total fall distances and all required clearances
- Identify hazards such as swing fall and obstructions
- Explain the components of a fall arrest system including:
  - Different types of harness and attachment points and their uses
  - Being able to inspect and don a harness as well as do a "buddy check"
  - Understanding care and storage considerations
  - Being able to identify various connectors, their uses and limitations
  - Classifying differences between the many types of lanyards and selection
  - Demonstrating work positioning
  - Understanding tool tethers and their importance
  - Explaining some differences in the various types of anchorage connectors
  - Identifying considerations for proper and appropriate anchorage
  - Being able to select and use different types of anchorage connectors
  - Demonstrating the correct use of a Self-Retracting Lifeline (SRL)
  - Discussing hazards associated with SRL's
  - Understanding the correct use and limitations of automatic/manual rope grabs
  - Discussing hazards associated with vertical lifelines and how to care/maintain them
  - Understanding horizontal lifelines, their hazards and their uses
  - Explaining the importance of ladder climbing systems
- Define the importance of a rescue plan
- List examples of different types of rescue

**Resources:**

Instructor:	Qualified Instructor
Materials:	Handouts
Physical Set-Up:	Classroom/Meeting Room and Mobile Safety Lab or Use of Customer's Personal Protective Equipment

**Product Director/Corporate Academic Dean:** G.L. Tucker, Executive Director - WDS

**Date:** January 13, 2017