

# Fall Protection Training

## **Course Outline:**

- Fall Protection Introduction & Regulations:
  - The Fall Protection Basic Concepts
  - Training Requirements
- Hazard Elimination & Fall Prevention:
  - Hazard Elimination
  - Travel Restraint Systems
  - Control Zones
  - Protective Covers
  - Guardrails
  - Ladder Safety
  - Scaffolds
  - Fall Prevention on a Sloped Roof
- Fall Arrest:
  - Safety Nets
  - Fall Restricting
  - Fall Arrest Systems:
    - Harnesses & Harness Inspection
    - Lifelines
    - Lanyards
    - Anchors
- Emergency Rescue & Fall Protection Overview
- Interactive exercises, tests & certificate

[Click here](#) to register for this course.