

# Fall Protection



## Program Overview:

This program is for anyone who works on ladders or at heights that exceed 3 meters or 10 feet in a non-construction environment. Learning the proper fit for harnesses along with inspection techniques as well as how to use fall protection components, anchors and anchorage systems.

## Training Content:

- Ontario Regulations 67 section 13; reg. 851 section 85
- Fall-arrest system
- Ladders,
- Scaffolds, and Other Equipment
- Warning Signs, Barriers, and Covers
- Lanyards
- Anchor Points
- Connecting Devices
- Bottoming Out
- Pendulum Effect
- Rescue Planning
- Practical Fit Test and Equipment Inspections

## Course Duration:

- Four (4) Hours dependent upon number of participants

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