

# Working at Heights



**Program Overview:** This is for all those individuals who will be working at heights in the construction industry. This CPO approved course provides workers and supervisors with the necessary knowledge required to safely work at heights and prevent fall related accidents. Participants will be instructed on how to correctly select, inspect, maintain and use a wide variety of fall protection components and systems.

## Training Content:

- OHSA and Regulations
- Rights, Duties & Responsibilities, Work Refusals
- Enforcements – Fines and Penalties
- Employer's Training Obligation
- Hazard Recognition
- Hierarchy of Controls
- Fall Prevention and Fall Protection
- Personal Fall Protection Systems
- Anchors, Hardware and Fall Arrest Components
- Fall Protection Inspections
- Emergency Rescue
- Suspension Trauma
- Access Structures
- Module Knowledge Checks
- Hands on Practical Evaluation

## Course Duration:

- Eight (8) Hours dependent upon number of participants



**CHIEF PREVENTION OFFICER APPROVED TRAINING PROVIDER**

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