

## **Four Day Competent Person & Competent Rescue**

### **Who is this class for?**

This class is for the decision-makers on the job-site; it is intended for the person who will be responsible for answering questions about Fall Protection. It is also geared to train this person on rescue in an industrial setting.

### **What is a "Competent Person"?**

The term "Competent Person" is used in many OSHA standards and documents. An OSHA "Competent Person" is defined as "one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them" [[29 CFR 1926.32\(f\)](#)].

### **Why do I need Competent Rescue?**

This class will teach you how to inspect, identify, and use all equipment properly for rescue of personnel.

### **What does the 4 day class entail?**

At the beginning of the class, we will provide you with handouts. A PowerPoint presentation covers the 2 Day Competent Person which covers the following information:

- Changes in the new ANSI Z359.0-4.2007 standards
- All parts of the Fall Protection Hierarchy
- The four parts of a Fall Arrest System
- Inspection of Fall Protection Systems
- Standards summary
- The proper donning of the harness
- Proper usage of the equipment
- How to maintain the equipment
- When and where the equipment is needed
- Confined space mechanical systems
- Basic Rescue systems
- Pre-job planning, JSA's, and Rescue plans

We also conduct hands-on exercises throughout the class; along with Fall Protection demonstrations in order to illustrate how the amount of arresting forces are generated, utilizing various types of lanyards. After the classroom segment is completed, we

conduct climbing exercises in order to apply the knowledge in a field environment. At the end of the first two days, we will issue a test to make sure the information is retained. At the conclusion of the class, we will issue cards of completion for those students who have passed the test.

The second two days of class will cover Competent Rescue. A PowerPoint presentation covers the following information:

- Identification of rescue equipment
- Proper usage of rescue equipment
- How to use belay techniques for single and double pick off
- How to build and use mechanical advantage systems for rescue.
- How to work together as a team and perform rescue in a timely and safe manner.
- How to package and rig up a stokes or sked stretcher for rescuing of patient
- How to plan and write JSA for rescue

We also have hands on exercises throughout the class, along with demonstrations of how to use some pre-made mechanical advantage systems. At the end of the class, we will issue a test to make sure the information is retained. At the conclusion of the class, we will issue cards of completion for those students who have passed the test.

### **What happens if a person is using Fall Protection equipment outside of it's limitations?**

It will not work properly! The myth is, *"If I am wearing the gear, I must be protected."* This is not true. You must wear the gear and it must be hooked to an anchor; not hooked to just anything you can find any which way you want, but to a suitable anchor with the system tied off within the limitations of the equipment.

### **What happens if a person is using Rescue equipment outside of its limitations?**

It will not work properly! It is possible the equipment could fail. Performing rescue in a safe and timely manner may not be possible.

### **Where can Safety Connection, Inc. perform the class?**

Anywhere you would like. We can perform the class at your location, or ours, in Baton Rouge, LA.

### **What will be needed if we come to your location?**

All we need is a classroom, table, a screen to apply the PowerPoint presentation, students and a place to exercise rescue.