

4–Hour Fall Protection

Who is it for?

This “user training” class is for anyone who works at heights and has to use Fall Protection.

Why do I need a 4-hour Fall Protection class?

This class has all of the information that OSHA requires (1926.502) on training. We discuss and learn the proper usage, selection, and maintenance of Fall Protection systems.

What does the class entail?

At the beginning of the class, we hand out Fall Protection manuals. A PowerPoint presentation covers the following information:

- We discuss all parts of the Fall Protection hierarchy
- We spend a great deal of time covering the four parts of a fall arrest system
- Inspection of the system
- The proper donning of the harness, proper usage of the equipment; how to maintain the equipment and when and where the equipment is needed

We also have hands-on exercises throughout the class, along with Fall Protection demonstrations to show how the amount of arresting force is generated, utilizing various types of lanyards. At the end of the class, we will issue a test to make sure the information is retained.

What happens if a person is using Fall Protection equipment outside of its limitations?

It will not work properly! The myth is, “If I am wearing the gear, I must be protected.” 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.

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.



Safety Connection

Fall Protection and Rescue Specialists

What will be needed if we come to your location?

All we need is a classroom, table, a screen to apply the PowerPoint presentation to teach your students.