

Competent Person Training

Duration:
16 hours

Ratio of Trainees to Trainers:
Normally 6:1

Type of Workers to Attend:

- Workers who work at heights.
- Managers/foremen of workers at heights.
- Safety managers.
- Facility engineers who hire contractors who work at heights.
- Individuals responsible for setting up a fall protection program
- Workers with the responsibility of conducting regular inspections of fall arrest equipment.

Registration and Pre-Course Instructions:

All students to be registered on the course registration form.

Introduction:

This course will provide:

- An outline of the legislation relating to working at heights.
- A guide to the options on how to comply.
- A background in how equipment can be utilized to achieve this.
- The details behind the equipment standards to ensure usage with the intended purpose.
- The criteria for issue, ID marking, inspection, record keeping, maintenance, storage and withdrawal from service.
- The opportunity to set up a recording system for the equipment and carry out periodic inspection throughout it's life cycle.
- A demonstration of some strengths and weaknesses of materials by way of a destruction test.
- A practical enhancement to the authorized user portion to enable the student the opportunity to apply newly learned knowledge to a variety of locations.
- The opportunity to experience a variety of fall arrest situations, but to ensure a good depth of knowledge for the most common types of fall arrest systems.
- The opportunity for the student to carry out a rescue using a pre-selected rescue equipment. The equipment will be chosen specifically to suit the clients situation.

Consulting Services
Site Surveys
Installed Systems
Personal Protective Equipment
Height Safety Training

M5

Course Syllabus:

- Legislation and Standards
OSHA and ANSI
- Hazard analysis and risk assessment
- Categories for working at heights:
 - Work Restraint
 - Work Positioning
 - Fall Arrest
- Inspection and record keeping
- Limitation of equipment
- Suspension trauma and the importance of rescue
- The importance of traceability for all height safety equipment.
- Completing inspection records.
- Inspection equipment and recording the findings.
- Processes for quarantining equipment.
- Monitoring the continual degradation of equipment and assessing the point at which to withdraw items from service.
- Processes for investigating the effects of contaminants and the details required for returning to service.
- Correct fitting and adjustment of fall arrest harnesses
by all students

Continued on reverse



Safety Systems of America, Inc.

8755 Ronda Drive
Canton, MI 48187
734-414-7680

training@safe-t-systems.com