

Course Outline for: **Fall Protection**

Course number: ES00-10

Course Length:
7 hours, 1 Day

Pre-requisites:
None

Course Record:
Fall Protection. Developed by Envirosafety
Confined Space Equipment Inc., ©2009-2010,
and
WorksafeBC BC, Fall Protection component of
WS2 Hazard Recognition and Control.

Texts and Equipment:

Required:
Steel toe footwear.

Recommended:
Personal Fall Protection Equipment.

Provided:
Printed copy of WorksafeBC, Part 11 Regulations.
Course workbook, handouts, exercises, exams, pens, wallet certificates, hard hat sticker certificates.
Employer will receive copies of all participants' certificates within 24 hours of course completion.

Course Description and Goals

This course is intended for any person that will be required to work at a height where fall protection is necessary as per WorksafeBC Regulation, Part 11. This course combines both theory and practical training using current, approved fall protection equipment. The training includes instruction, demonstration hands-on and written exercises.

Method of course delivery:

50% Lecture & Discussions
10% Demonstration
40% Student Exercises

Evaluation:

45% Written Test
10% Participation
45% Demonstration of physical proficiency

Student/instructor ratio- 1 instructor per 12 students



Topics of instruction within this course include, but are not limited to:

- + Definition of Fall Protection System, Fall Arrest, and Fall/Travel Restraint.
- + When fall protection is required in accordance to WorksafeBC Regulation Part 11.
- + Fall Protection Hierarchy.
- + Guardrails.
- + Travel/Fall Restraint.
- + Fall Arrest.
- + Control Zone and Safety Monitor.
- + Ladder Safety.
- + Fall Protection Equipment.
- + Care, Cleaning and Inspection of Fall Protection Equipment.
- + Anchors.
- + Fall Protection System Required Calculations.
- + Fall Protection Plans and when they are required.
- + The Requirement for Rescue and Appropriate Options.
- + Identifying Fall Protection Concerns and Proposing Solutions to real Life Situations.



Course Learning Outcomes

Upon successful completion of this course, the successful student will be able to:

- + Know the requirements of the WorksafeBC Fall Protection Regulation, Part 11.
- + Identify Components of a fall protection system.
- + Identify when fall arrest is required.
- + Describe the difference between fall arrest and fall/travel restraint.
- + Identify damaged parts/equipment of a fall arrest system.
- + Describe the hierarchy of fall protection and the different types of fall protection within it.
- + Demonstrate fall protection and fall/travel restraint.
- + Demonstrate how to properly wear a full body harness.
- + Demonstrate proper set up and use of a vertical & horizontal fall protection system.
- + Perform an inspection of fall protection equipment.
- + Perform a self rescue.
- + Understand when a fall protection plan is required and what is required for a complete plan.

Course Policies and Information

Exams:

The minimum score to receive a “pass” in an exam or course is 70%. If a student fails an exam, they may apply for one opportunity to re-write the exam. The student must arrange to take the re-write exam within thirty days of the original exam. Re-write exams will be of a similar nature, scope and content to the original exam, but with new examinable content.

Practical Exams:

Work at height & Rescue are high skill endeavours and most of the examinations will be practical. A student must show individual proficiency in all required competencies to receive a “pass”.