



# Fall Protection Training



This seminar is recommended for all construction workers and their supervisors who work on jobsites where fall hazards exist. Attendees will learn the OSHA competent person requirements for fall protection, fall hazard identification, how to develop an effective fall protection program for your company and more! Attendees successfully completing the class will be issued a course completion certificate. This seminar provides safety training for workers and their supervisors on the procedures of fall protection. Attendees will learn types of fall hazards, the duty to have fall protection and the different types of fall arrest systems.

## Your Instructors

### Phil Mercuris

*Master Builders of Iowa, Des Moines, IA*

Phil is one of the most experienced construction safety experts in the country. Phil has been an OSHA outreach instructor since 1985, and has served as safety consultant and education director with the Iowa Division of Labor, OSHA Consulting Division.

Since joining MBI, Phil has served as safety consultant and vice president of safety. He is also the recipient of the Gary Hawk Award, given by the state of Iowa to individuals who have exhibited outstanding skills and dedication to the field of safety.

In addition to safety training, Phil conducts safety audits on jobsites, accident investigations and provides contractors with OSHA citation assistance.

### Jeff Springer

*DBI / Sala, Omaha, NE*

White Cap Construction Supply is providing their factory representative to train specifically on the following: anchorage connecting devices, lanyards and energy absorbers, body holding devices, inspections and specialized systems. Jeff Springer has been providing fall protection training for the last 9 years.



# Core Topics

## Lesson I - Fall Protection Standards

Objective - To provide participants with knowledge about Occupational Safety and Health Administration (OSHA).

- A. Participants will become familiar with OSHA Fall Protection Standards 1926-501-503.
- 501: Duty to have fall protection
  - 502: Fall protection systems
  - 503: Fall protection training requirements



## Lesson II - Rescue

Objective - To inform participants about the OSHA requirements and considerations for rescue and provide insight into options and obstacles when performing rescue on a fallen worker.

## Lesson III - Ladders, Stairways and Ramps

Objective - To provide participants with knowledge on the proper selection, use and inspection of ladders. Students will become familiar with the OSHA requirements for Extension, Jobmade and Step Ladders and requirements for stairways and ramps.



## Lesson IV - Scaffolds

Objective - To provide participants with knowledge on the OSHA requirements, proper use and hazards of scaffolds and aerial lifts used in construction.

## Lesson V - Anchorage and Anchorage Connecting Devices

Objectives - To provide participants with knowledge on the proper selection and use of Anchorage used in fall arrest systems; To provide participants with knowledge of engineered anchorage connectors.

## Lesson VI - Lanyards and Energy Absorbers

Objective - To provide participants with knowledge on the proper selection and use of lanyards and energy absorbers.

## Lesson VII - Specialized Systems

Objective - To provide participants with knowledge on the proper selection and use of retractable, vertical and horizontal lifeline systems.



## Lesson VIII - Body Holding Devices

Objectives - To provide participants with knowledge on the proper selection of full-body harnesses and waist belts; To provide participants with knowledge in how to don a full-body harness.

## Lesson IX - Inspection

Objective - To provide participants with the knowledge necessary to properly inspect fall arrest equipment and develop an inspection program.