

1. Train the Trainer Outline

Day 1:

Topic	Format	Minutes
Introductions	Ice Breaker Exercise	100
Review of Worker Training Class Objectives	Lecture	15
Section 1: Introduction	Lecture	35
NATE		
OSHA		
Employee Rights		
Whistleblower Protection		
How to File a Complaint		
Why Tower Climbers Need a Fall Protection Training Program		
Turning Point Review of Topics Covered	Quiz	10
15 Minute Break		15
Section 2: Climbing Techniques	Lecture	40
Climbing Safety		
Three Points of Contact		
Skeletal Method		
Safety Considerations for all Climbs		
Turning Point Review of Topics Covered	Quiz	10
Section 3: Subpart M - Fall Protection	Lecture	35
Scope and Application of Subpart M		
Duty To Have Fall Protection		
Fall Protection Systems: Criteria & Practices		
Training Requirements	Quiz	10
Turning Point Review of Topics Covered		
Break for Lunch		60
Section 4: Fall Protection Systems	Lecture	30
Prevention Methods		
Criteria for Personal Fall Protection Systems		
Criteria for Safety Net Systems	Hands-On Demo	5
Demonstration of PFAS equipment		
Turning Point Review of Topics Covered	Quiz	10
Section 5: Personal Protective & Life Saving Equipment	Lecture / Hands-On Demo	25
Definitions of PFAS Components with physical examples		
Anchorage Points		
Additional Requirements		
Suspension Trauma		
Rescue Methods		

Topic	Format	Minutes
Fatal Fall Exercise	Online Participation	10
Turning Point Review of Topics Covered	Quiz	10
15 Minute Break		15
Section 6: Tower Systems		
Different Tower Systems: Guyed, Monopole, Self-Supporting	Lecture	25
Fall Protection on Each Tower System		
Anchorage Points on Tower Systems		
Fall Protection when working with a Gin Pole		
Brainstorming Photo Series	Small Groups	10
Turning Point Review of Topics Covered	Quiz	10
Section 7: Fall Protection Plans		
Importance of Safety Plans	Lecture	15
Training Requirements		
How to Develop a JSA	Interactive PPT	20
Turning Point Review of Topics Covered	Quiz	10
Review 1st Day of Class	Brainstorming	15

Total Minutes	540
Total Time	9.00
Breaks	1.50
Contact Hrs.	7.50

Day 2

Topic	Format	Minutes
Introduction to TurningPoint	Lecture	45
Power Point Polling	Lecture	75
Creating Questions		
Participant lists		
Real-Time registration		
Reports		
15 Minute Break		15
PowerPoint Polling Additional Features	Lecture	60
Activity: Building PowerPoint presentations	Small Group	45
Break for Lunch		60
AnyWhere Polling	Lecture	30
Creating and using a question list	Lecture	
Asking spontaneous questions	Lecture	
Discuss ideas for applications and use	Brainstorming	
Activity: Creating a question list and using Anywhere Polling	Small Group	30
Self-Paced Polling	Lecture	60
Facilitating Self-Paced Testing using QT	Lecture	
Facilitating Self-Paced Testing using mobile devices	Lecture	
Discuss ideas for application and use	Brainstorming	
15 Minute Break		15
Activity: Facilitate Self-Paced quiz	Small Group	30
Scenario-Based Activity	Small Group	60
Review and Q&A	Brainstorming	15

540

Total Time	9
Breaks	1.5
Contact Hrs.	7.5

Day 3:

Topic	Format	Minutes
How Adults Learn	Lecture	60
Teaching Techniques Part 1	Small Group	45
Break		15
Section 1 Introduction - A Review and discussion of Instructor manual: Hazards of Tower Erection: National Association of Tower Erectors (NATE) Occupational Safety and Health Administration (OSHA) Filing an OSHA Complaint Why is Fall Protection Training Needed Section 1: Review Questions	Lecture	60
WORKING BREAK ~ Prep for Brainstorming Activity - Section 1		60
Group 1: Lead discussion and instruction of section 1 improvements	Brainstorming	50
Class Evaluation	Small Group	10
Section 2 Climbing Techniques - A Review and discussion of Instructor manual: Before You Climb: Required Climbing Equipment When inspecting the tower When Climbing a Tower Section 2: Review Questions	Lecture	60
WORKING BREAK ~ Prep for Brainstorming Activity - Section 2		60
Group 2: Lead discussion and instruction of section 2 improvements	Brainstorming	50
Class Evaluation	Small Group	10
Break		15
Section Three Subpart M - A Review and discussion of Instructor manual: Subpart M Applies to Duty to Have Fall Protection OSHA Construction Standards applicable to Tower Industry Fall Protection Training Section 3: Review Questions	Lecture	60
Homework Assignment: Prepare for Brainstorming Activity - Section 3		15
Evaluations day 1	Brainstorming	15

	585
Total Time	9.75
Breaks	2.25
Contact Hrs.	7.5

Day 4

Topic	Format	Minutes
How Adults Learn	Lecture	60
Teaching Techniques Part 2	Small Group	45
Break		15
Group 3 Lead discussion and instruction of section 3 improvements	Brainstorming	50
Class Evaluation	Small Group	10
Section 4 Fall Protection Systems - A Review and discussion of Instructor manual: Prevention Safety Net Systems Personal Fall Arrest Systems (PFAS) Positioning Device Systems Section 4: Review Questions	Lecture	60
WORKING BREAK ~ Prep for Brainstorming Activity - Section 4		60
Group 4 Lead discussion and instruction of section 4 improvements	Small Group	50
Class Evaluation	Small Group	10
Break		15
Section 5 Personal Protective & Life Saving Equipment - A Review and discussion of Instructor manual: Definitions Hazards: Suspension Trauma Emergency Action Plan/Rescue The Nature of Falls Fatal Fall Exercise Section 5: Review Questions	Lecture	90
WORKING Break ~ Prep for Brainstorming Activity - Section five		60
Evaluations day 1	Brainstorming	15

540

Total Time 9

Breaks 1.5

Contact Hrs. 7.5

Day 5

Topic	Format	Minutes
Group 5 Lead discussion and instruction of section 5 improvements	Brainstorming	50
Class Evaluation	Small Group	10
Group 1 Fatal Fall Exercise	Small Group	30
Class Evaluation	Small Group	5
Section 6 Tower Systems - A Review and discussion of Instructor manual: Monopole Systems Self Supporting Towers Guyed Towers Gin Poles Brainstorming Activities	Lecture	45
WORKING Break ~Prep for Brainstorming Activity - Section 6		45
Group 2 Lead discussion and instruction of section 6 improvements	Small Group	45
Class Evaluation	Small Group	10
Group 3 Brainstorming Activity section 6 improvements	Brainstorming	30
Class Evaluation	Small Group	10
Section 7 Fall Protection Plans- A Review and discussion of Instructor manual: Safety Plans/Fall Protection Plans Job Safety Analysis (JSA) Training: Section 7: Review Questions Appendix A: FALL PROTECTION PLAN	Lecture	60
WORKING BREAK ~ Prep for Brainstorming Activity - Section seven		60
Group 4 Lead discussion and instruction of section seven improvements	Small Group	50
Class Evaluation	Small Group	10
Break		15
Group 5 Lead exercise on Developing a JSA Part 1 and Part 2	Small Group	30
Class Evaluation	Small Group	10
Group 4Lead exercise on Developing a JSA Part 3 and Part 4	Small Group	30
Class Evaluation	Small Group	10
Course Evaluation	Brainstorming	15

	570.00
Total Time	9.50
Breaks	2.00
Contact Hrs.	7.50

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