

Laboratory Activities in Fall Prevention Training

These laboratory exercises use a demonstration/return demonstration format. Instructors will demonstrate the following skills, then ask for a return demonstration. As the trainee demonstrates competency in a skill, the instructor will initial the Trainee Competency Form.

1. Instructor will demonstrate fall protection options and highlight safety options of:
 - a. Personal Fall Arrest Systems (PFAS)
 - b. Guard Rails
 - c. Safety Nets
2. Instructor will demonstrate scaffolding setup and safety.
3. Instructor will demonstrate ladder setup and safety, including portable ladders
4. Instructor will demonstrate use of Controlled Access Zones
5. Instructor will demonstrate recognizing and protecting self from hazards of falling objects
6. Instructor will demonstrate use of rescue plans.
7. Instructor will demonstrate recognition of environments with high risk of falls.
8. Instructors will role model assertiveness.