GREENVILLE TECHNICAL COLLEGE (GTC)
Economic Development and Corporate Training (EDCT)
Environmental, Occupational Health and Safety (EOHS)
Susan B. Harwood Training Grant # SH05121-SH9
Fall Prevention/Fall Protection Train-the-Trainer Manual

PREFACE

SCOPE AND APPLICATION

GENERAL DISCLAIMER

This material is not a substitute for any provision of the Occupational Safety and Health Administration (OSHA) or any standards issued by OSHA. If at any time it is discovered that the materials presented vary from Federal or State OSHA regulations, American National Standards Institute (ANSI), state laws or local ordinances, it is understood that those regulations, laws and ordinances will take precedence over the materials presented herein. In some cases, the information given may imply a higher level of protection than required in some Federal or State OSHA regulations. The mention of any products or materials by brand name in no way constitutes endorsement. Any products or materials not mentioned within this manual that may be considered acceptable as protective devices, equipment, or practices is not intentional and should not rule out their acceptability as employee or environmental protection.

OSHA DISCLAIMER

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Finally, this Fall Prevention/ Fall Protection Workbook is intended to be used as a training aid and for general information only; the creator assumes no responsibility for any loss or damage resulting from its use.

CREDITS

The contents of this Fall Prevention/Fall Protection Student Manual were primarily derived from OSHA's fall protection standards at 29 CFR 1926 Subpart M, OSHA 3146-05R 2015 Fall Protection in Construction, and OSHA 3666-04 2014 Fall Prevention Training Guide. Contributions come from OSHA Technical Manual: Fall Protection in Construction Section 4, Susan Harwood Grant #SH26315-SH4, Case Studies from Susan B. Harwood Grant #SH22317-SH11, OSHA Letters of Interpretation, OSHA Fact Sheets and Posters, and Fall Protection: Responding to Emergencies: F417-208-000 from Washington Industrial Safety & Health Division (WISHA). Information is also mentioned from other OSHA standards related to fall protection (see list in Appendix C) including requirements for scaffolds, steel erection, general industry standards, and stairways & ladders.

Purpose

The purpose of the **Fall Prevention/Fall Protection** course is to provide the knowledge and skills needed to perform work on elevated platform using safe work practices.

At the conclusion, each course participant will possess the confidence to recognize and avoid unsafe working conditions and behaviors in the construction industry as well as

- Recognize and avoid unsafe conditions and behaviors
- Identify regulations applicable to fall hazards in construction
- Recognize fall hazards in construction and function within a safety management system
- Identify fall hazards associated with ladders
- Demonstrate hands-on skills

Course Description

Participants in the 4-Hour **Fall Protection/Fall Prevention** course will learn the following modules:

- Module 1: Introduction to Fall Protection
- Module 2: Fall Arrest System
- Module 3: Fall Protection System
- Module 4: Other Fall Hazards: Ladders
- Module 5: Introduction to Adult Learning
- Module 6: Teaching Requirements

Participants will demonstrate the following Skills Assessments that must be documented as part of the Fall Prevention/Fall Protection course completion:

- #1 Inspection of Equipment
- #2 Harness Application
- #3 PFAS Setup
- #4 Self-Rescue
- #5 Ladder Safety
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- **Training Course Agenda Train the Trainer**

Registration, Introduction and Pre-Test	15 minute discuss/test	8:30 – 8:45
Module 1: Introduction to Fall Protection	15 minute lecture	8:45 – 9:00
Module 2: Fall Arrest System	25 minute lecture	9:00 – 9:25
Skills Assessments #1, #2, #3 &#4	35 minute skill check	9:25 – 10:00
Break	***10 minutes***	***10:00 – 10:10***
Module 3: Fall Prevention Systems	20 minute lecture	10:10 – 10:30
Module 4: Ladder Safety Devices	15 minutes lecture	10:30 – 10:45
Skills Assessments #5	25 minute skill check	10:45 – 11:10
Case Study Group Discussion	20 minute discussion	11:20 – 11:45
Lunch	***40 minutes***	***11:30 – 12:20***
Module 5: Introduction to Adult Learning	25 minutes lecture	12:20 – 12:55
Group Teach Back	65 minutes	12:55 – 2:00
Module 6: Teaching Requirements	30 minutes lecture	2:00 – 2:30
Test/Discussion	35 minutes	2:30 – 3:05

Break	***10 minutes***	***3:05 – 3:15***
Wrap-up	15 minutes	3:15 – 3:30

Pre-Test – Answer Key

Fall Protection/Fall Prevention

Instructions – For each question select the most appropriate answer.

1. The average fatal fall is only 6 feet.
    a. True
    b. False
2. A fall from a height of 11 feet has an 8 out of 10 chance of causing death.
    a. True
    b. False
3. The OSHA requirements for fall prevention/fall protection in the Construction Industry and in General Industry are the same.
    a. True
    b. False
4. Fall Restraint prevents workers from reaching a point/edge where a fall could happen.
    a. True
    b. False
5. A Fall Protection System is allowed as long as the potential for a free fall does not exceed 6 feet and the maximum force on the body does not exceed 1,800 pounds.
    a. True
    b. False
6. Guardrails and platforms are not forms of Fall Restraint.
    a. True
    b. False
7. A full body harness is not always necessary for fall protection.
    a. True
    b. False
8. What are some of the things can you do when your clearance is less than 18 feet?
    a. Shorten your lifeline
    b. Raise your anchoring point
    c. Use a self-retractable line
    d. All of the above
9. Falls to the same level represent 50% of all falls.
    a. True
    b. False