



Safety At HeightsSM Training

Competent Person for Fall Protection (Military) Course No. ZT-CPFALLPROT

October 25-27 Chicago IL

November 1 – 3 Houston TX

November 9 – 11 Pittsburgh PA

November 15 – 17 Pittsburgh PA

December 6 – 8 Houston TX

December 20 – 22 Pittsburgh PA

REGISTER NOW at: us.msasafety.com/training/fallprotectiontraining or call: 1-866-347-6093

MSA's Competent Person for Fall Protection (Military) course is designed to meet the requirements of EM 385-1-1. It will prepare USACE employees that must train safety at height material at their facility. The class provides the student the necessary skills to develop, deliver and evaluate students on basic safety at height knowledge and technical understanding.

The 3 day course is comprised of the following:

At the completion of this course, the participants will be able to discuss and demonstrate knowledge on the following topics:

- USACE Fall Protection Requirements / Best Practice Fall Protection Consensus Standards (ANSI Z359 & A10.32)
- Dynamics of a Fall
- Fall Hazard Recognition and Assessment
- Understanding Impact Forces & Associated Hazards
- Hierarchy of Controls
 - Introduction to Fall Protection Systems - Fall Prevention vs. Fall Arrest / Passive vs. Collective Systems
 - Procedures for Maintaining Continuous Safety at Heights
- Selection, Application, and Use of Fall Protection Systems – Restraint, Positioning, & Fall Arrest
- Equipment Donning and doffing
- Proper anchorage Identification, Use and Limitations
 - Proper Connection Techniques
- Selecting Appropriate Bodywear
- Selecting Appropriate Connecting Devices – Lanyards, Self-Retracting Devices, Rope / Cable Grab Devices
- Application limitations When Utilizing Each Component of a Personal Fall Protection System
- Calculating Fall Clearances
 - Determination of *Available* Fall Clearance
 - Determination of (1) free fall, (2) deceleration distance, (3) height, & (4) safety factor requirements
- Minimizing Fall Forces
 - Minimizing Free Fall
 - Minimizing Weight
 - Selecting Equipment with Energy Absorbers
- Formal documentation requirements
- Maintenance of PFPE
 - Formal Inspection Process, Including the Criteria for Pass / Fail and Disposal
 - Equipment Cleaning and Storage
- Risk Assessment of Fall Hazards / Situational Deficiencies & Fixes
- Fall Protection Planning with Proper Rescue Procedures
- Hierarchy of Rescue
- Selection of Rescue Equipment
- Issues and Considerations
- Fall Protection Program Development / Maintenance
 - Record keeping
 - Fall Hazard Identification
 - Risk Assessment and Rating
 - Preparation to Write, Update, Review and Approve Fall Protection and Prevention Plans and Rescue and Evacuation Plans