



## Fall Protection Competent Person (August 9<sup>th</sup> - August 12<sup>th</sup> 2016)

Duration: 3.5 days    Tuesday 11:30AM- 4:00PM (Inspection and care of equipment)  
Wednesday 8:00 AM-4: 30 PM (lunch included)  
Thursday 8:00 AM- 4:30 PM (lunch included)  
Friday 8:00 AM- 2:00 PM (lunch included)

The Competent Person training is an intensive program that develops a strong overall knowledge of how to use, select and install conventional and non-conventional fall protection equipment. In class lecture including slides and video, hands on scenarios applying practical workplace situations. Additionally, attendees will observe performance testing of selected components and systems. Competent person training is a pass/fail program incorporating both written and practical examinations.

### Topics Discussed:

Fall protection theory and application as per the detailed skills course

- ✓ Fundamentals of Fall Protection
  - Hierarchy of Fall Protection
  - Anatomy of a fall, 6-ft and beyond
  - Fit, form, and function of a PFAS
  - Energy Absorbers
  - Anchorage requirements
- ✓ Standards and regulations relating to Fall Protection
  - Discussion of proposed new standards
- ✓ Recognition and identification of fall hazards
- ✓ Development and implementation of Fall Protection plans and programs
- ✓ Fall Prevention Systems (e.g. handrails, guardrails, etc.)
- ✓ Fall Restraint systems (work positioning / travel restricting)
- ✓ Fall Arrest systems
- ✓ Detailed Equipment inspection & care
  - Hardware compatibility
- ✓ Transitional Fall Protection
  - Vertical and Horizontal lifelines
  - Rigid Rails
  - Protected Access and egress
- ✓ Rescue Basics as a component of a comprehensive fall protection program.

Recommended Attendance: Managers, supervisors, safety professionals or other key personnel that may be required to develop or regulate fall protection programs, procedures and/or make on site assessments of related hazards.

Participants will receive a certificate of completion and a copy of Reliance's "Competent Fall Protection Person Reference Manual".

Cost: \$750.00

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## Fall Protection Competent Inspector (August 9<sup>th</sup> 2015)

Duration: ½ Day (4 hours) 11:30 AM -4:00 PM (lunch included)

This course builds upon a student's practical knowledge of fall protection through the discussions of in-house testing and literature review; UV and chemical exposure to synthetic strapping and is designed to increase personal skill level through a variety of hands-on inspection exercises. This 4-hour course deals with the process of developing an inspection program and applying that to practical equipment inspection. Participants completing the course will be given the tools needed to be able to conduct competent person inspections of fall protection equipment. This course does not provide the knowledge base required for re-certification of complex hardware such as SRLs and mechanicals, as it the physical inspection of the equipment. Students will be provided with an inspection manual with checklists and a certificate upon completion of the course.

Topics Discussed: The regulations and standards for inspection of fall arrest systems are covered in detail along with the record-keeping requirements. • Inspection premise for harnesses, lanyards & shock absorbers, carabiners, anchorage connectors, and SRLs • Skyline Horizontal lifelines • Equipment logs and recording the inspection • Practical equipment inspections of faulty gear • Review of technical bulletins

Participants will receive a wallet-sized certificate of completion and a copy of Reliance's "Fall Protection Equipment Inspector Manual."

Cost: \$75.00 (Included in 3.5 day Competent Person Course)



- ✓ *The Fall Protection Competent Person Course will be limited to 12 people to achieve maximum benefit to the participants.*
- ✓ *The Fall Protection Competent Inspector Course will be limited to 20 participants including Competent Person attendees. This is due to hands on lab portion*



- ✓ ***Reliance withholds the right to cancel/reschedule any courses due to lack of attendance or unforeseen circumstances***
  
- ✓ ***Registration must be acknowledged with Alyssa Bardwell at (888) 362-2826 or via email at [training@relsafe.com](mailto:training@relsafe.com) with a Check or Credit Card by August 2<sup>nd</sup>. Forms may also be faxed to 281-930-8666.***

Please make remittance to: Reliance Industries, PO BX 2046, Deer Park, TX 77536

Reliance has made a block of rooms available at a nearby Springhill Suites at a special rate and will provide this information to those interested.