



Course Outline

Fall Protection

Working at Heights (ON CPO)

Course #6212

Basic Theory Module (195 minutes)

Course Introduction (30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Certification
- 1.5 Certification Card
- 1.6 Student Record and Training Certificate

Working at Heights (30 minutes)

- 2.1 Evolution of Fall Protection
- 2.2 Hazard Identification
- 2.3 Facts of Falling
- 2.4 Respecting Heights
- 2.5 Falling Dynamics

Fall Protection Oversight (35 minutes)

- 3.1 Regulatory Bodies
- 3.2 Standards Bodies
- 3.3 Workplace-Specific Policies
- 3.4 Roles and Responsibilities

15 minute break

Ladders and Similar Equipment (50 minutes)

- 4.1 Overview
- 4.2 Regulations
- 4.3 Types
- 4.4 Selection
- 4.5 Inspection and Storage
- 4.6 Transportation and Set-Up
- 4.7 Climbing and Working
- 4.8 Review and Summary

Controlling Fall Hazards (35 minutes)

- 5.1 Hierarchy of Controls
- 5.2 Warning Methods
- 5.3 Physical Barriers
- 5.4 Personal Protective Equipment
- 5.5 Fall Protection System Selection
- 5.6 Fall Protection Planning

Practical Module (270 minutes)

Barriers and Other Fixed Equipment (20 minutes)

- 6.1 Guardrails
- 6.2 Covers
- 6.3 Safety Nets
- 6.4 Bump Lines

Anchor Points (25 minutes)

- 7.1 Anchor Points Overview
- 7.2 Anchor Point Types
- 7.3 Strength Requirements
- 7.4 Anchorage Connectors

Body Holding Devices (35 minutes)

- 8.1 Body Holding Devices Overview
- 8.2 Safety Belts
- 8.3 Full Body Harnesses
- 8.4 Classification
- 8.5 Construction
- 8.6 Harness Fitting

10 minute break

Connectors (65 minutes)

- 9.1 Connectors Overview
- 9.2 Snaphooks and Carabiners
- 9.3 Lanyards
- 9.4 Free Fall Distance (FFD)
- 9.5 Energy Absorbers
- 9.6 Clearance Requirements (CR)
- 9.7 Self-Retracting Devices
- 9.8 Vertical Lifelines and Fall Arresters
- 9.9 Horizontal Lifelines

10 minute break

Descent and Rescue (15 minutes)

- 10.1 Rescue Requirements
- 10.2 Suspension Trauma
- 10.3 Rescue Planning
- 10.4 Equipment and Techniques

Equipment Care (25 minutes)

- 11.1 Equipment Inspection
- 11.2 Maintenance and Storage

Work Access Equipment and Platforms (15 minutes)

- 12.1 Powered Elevating Work Platforms
- 12.2 Scaffolds
- 12.3 Suspended Access Equipment
- 12.4 Boatswain's Chair
- 12.5 Ladder

Summary and Review (50 minutes)

- 13.1 Key Learning Concepts
- 13.2 Review Questions