



## COMPETENT PERSON FOR SAFETY AT HEIGHTS | ZT-CPHEIGHTS (16 HRS)

The Competent Person for Safety at Heights course is designed for supervisors, managers, and safety professionals responsible for fall protection programs. It is specifically suited for the person who will carry OSHA's title of "competent person" to have the responsibilities of recognition of current / predictable hazards and who have the authority to eliminate them as they relate to fall hazards.

### Course Format:

This course consists of a majority 16-hour classroom-based experience which is enhanced with practical exercises and fall protection tower climbing experience in all situations where possible, including all courses held at MSA training facilities.

*At the completion of this in-depth course on the topic of fall protection, the participants will be able to discuss and demonstrate knowledge on the following topics:*

- OSHA Subparts D and I (1910 – General Industry) and Subpart M (1926 – Construction) fall protection law
- Dynamics of a fall / understanding impact forces & associated hazards
- Fall hazard recognition and assessment
- 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 as they relate to the "ABCs" of fall protection
- Anchorage identification, use and limitations
  - Proper connection techniques
- Bodywear selection
  - Equipment donning and doffing
- Connecting device selection – lanyards, self-retracting devices, rope / cable grab devices
- Application limitations when utilizing each component of a personal fall protection system
  - Calculating Fall Clearances
  - Minimizing Fall Forces
- Formal documentation requirements
- Maintenance of personal fall protection equipment (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
- Fall protection program development/maintenance
  - Recordkeeping
  - Fall hazard identification
  - Risk assessment and rating
  - Preparation to write, update, review and approve fall protection and prevention plans and rescue and evacuation plans