



COMPETENT PERSON FOR FALL PROTECTION (MILITARY) | ZT-CPFALLPROT (24HRS)

MSA's Competent Person for Fall Protection course is designed to meet the requirements of EM 385-1-1. It will prepare USACE employees that must meet this special standard for Army Corps of Engineers work at their facility. Closely mirroring MSA's Competent Person for Safety at Heights course, this class supplements with information that is specific to the USACE's unique standards for fall protection. Also, per Corps requirements, this course provides the learner with an **additional 8 hours** of hands-on fall protection experience beyond the normal 16 hours of a typical Competent Person course.

Course Format:

The course will consist of 16 hours classroom and 8 hours of hands-on practical exercises.

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:

- Fall protection law, per the Corps, as detailed in EM385-1-1–2014
- 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

- 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

Hands-on practical exercises:

- Mounting a Temporary Horizontal Lifeline
- Harness Donning and Lift Exercises
- Inspection of all Personal Fall Protection Equipment (ABCs)
- Fall Protection System Build-Out
- Practical Climbing Exercises
 - Practice of Ladder Climbing Techniques Utilizing 100% Connection
 - Climbing with Temporary and Permanent Vertical Lifeline Systems
 - Utilizing 100% Connection and Positioning Techniques at Heights
- Emergency Response
 - Practice Deploying / Utilizing Anti-Suspension Trauma Safety Straps
 - Instructor-Guided Emergency Escape from Heights
 - Instructor-Guided Rescue Utilizing Mechanical Advantage System with Rescue Pole
 - Instructor-Guided “Pick-Off” Rescue Utilizing Packaged Rescue System

