



# Fall Protection

<b>Intended For</b>	People working at heights of 3 meters or more.
<b>Class Size</b>	Maximum 10 students
<b>Course Length</b>	Minimum 4 hours

**Course Content**

The course material is based on WorkSafe BC standards and regulations and includes the following content:

- Review of safety statistics regarding a fall on the worksite and the definition of a fall protection system.
- Review of WCB Fall Protection System Regulations.
- Review and demonstration of the pre-shift visual inspection of safety equipment.
- Review the inspection of additional safety equipment.
- Demonstrate and practice donning fall protection equipment including safety belts, full body harnesses, lanyards, anchors, and lifelines.

**Certification**

Certificate of completion will be issued.

**Applicable Regulation**

WorkSafe BC's Occupational Health and Safety Regulation, Part 11: Fall Protection

<http://www2.worksafebc.com/Publications/OHSRegulation/Part11.asp>

1.2 m (4 ft.) takes 0.5 seconds to fall

## Attention Health and Safety Managers

The Occupational Health & Safety regulation requires workers to use a fall protection system where they could fall at least 3m (10ft) or where a fall from a lesser height may result in serious injury.

Workers must be trained thoroughly in the safe use & limitations of personal fall protection equipment, including safety belts, harnesses, lanyards, and lifelines.

Students are required to write an exam as well as demonstrate practical use of the proper applications.

TeamWorks Solutions will provide record of training documentation as well as provide the company with a Fall Protection System Binder.