



## **FALL ARREST SAFETY TRAINING – Non-Construction**

This proposal is based on the understanding that BULLIVANT Health + Safety will provide **Fall Arrest Safety Training** to your workers.

The objectives for participants of this course include learning about falls in the workplace, identifying preventative measures to eliminate falls, understanding the duty to have fall protection, identifying and understanding fall protection systems, learning how to inspect fall protection equipment, and identifying the components of a fall protection plan.

### **This training session includes:**

- Applicable legislation
- Responsibilities of workers, supervisors and employers under the Occupational Health & Safety Act
- Fall Speed vs. Reaction Time
- Same Level Falls and their causes
- Lower Level Falls and their causes
- R-A-C Approach and Fall Hazards
- Types of Fall Prevention
- Perimeter Guards, Guardrails, Hole Covers
- Fall Arrest Requirements and Regulation 213/91
- Travel Restraint Systems
- Fall Restricting Systems
- Safety Nets
- Fall Arrest Systems and Arresting the Fall
- Fall Protection Components
- Harnesses and Classes of Harnesses
- Lanyards, Lifelines, Cross Arm Straps, Wire Rope Adapters
- Beam Clamps, Body Belts
- Anchorage Point Requirements
- Free Fall Distance and Deceleration Distance
- Stretch/Slack Factor
- Determination of Anchor Point Location
- Appropriate Fit Testing of Fall Arrest Equipment
- Choosing Fall Arrest Equipment
- Harness, Lanyard, Lifeline Inspection
- Fall Arrest Limitations



- Suspension Trauma
- After a Fall – Fall Rescue Plan Components
- Care of Fall Arrest Systems
- Proper fitting and use of required equipment (practical portion)

### **Ladder Safety in Fall Arrest Training**

Upon completion of this section of the Fall Arrest training, participants will be able to:

- Discriminate between safe and unsafe ladder practices
- Describe correct practices for descending and ascending a ladder
- Describe correct practices for using extension ladders

### **BULLIVANT Health + Safety provides:**

- Hands on practice and evaluation of your workers donning harnesses,
- Comprehensive hand-outs for each participant
- Documentation supporting attendance upon completion of course to ensure due diligence
- Certificates and Wallet Cards (upon successful completion included).