

# 8-Hour Fall Protection Competent Person Refresher Course

## Course Director/Instructors

*John M. Fernandez, CIH, CSP, CMC - Industrial Hygiene Professionals, Inc. (Course Director/Instructor)*  
*Jim J. Brandt, CSP, CHST, CET - Industrial Hygiene Professionals, Inc. (Instructor)*

## Benefits

*OSHA requires that each worker who may be exposed to fall hazards from heights and uses fall protection equipment be trained by a Competent Person (29 CFR 1926 Subpart M). In addition to training by a Competent Person, EM 385-1-1 also requires contractors to develop a Site-Specific Fall Protection and Prevention Plan identifying the Competent Person and their responsibilities and qualifications. This course is designed to provide a refresher on the basic knowledge needed by the Fall Protection Competent Person through a combination of lectures, hands-on workshops, video presentations and in-depth group discussions. Course participants will learn of any new fall protection developments and refresh their knowledge to: identify the nature of fall hazards in the work area; the correct procedures for erecting, using, dismantling, maintaining, and storing fall protection equipment; the application limits, free fall distance, total fall distance and clearance requirements of fall protection systems and equipment; rescue equipment and procedures; and applicable fall protection regulations and guidelines.*

## Who Should Attend

*Health & Safety Personnel, Site Safety and Health Officers (SSHOs), those with responsibilities as a Fall Protection Competent Persons, and anyone interested in gaining in-depth knowledge on fall protection.*

## Selected Course Topics

- ❖ *OSHA Regulations, EM 385-1-1, and Industry Standards*
- ❖ *Identifying Fall Hazards*
- ❖ *Fall Protection and Prevention Plans*
- ❖ *Guardrail Systems and Safety Nets*
- ❖ *Personal Fall Arrest Systems and Equipment*
- ❖ *Warning Line Systems, Controlled Access Zones and Safety Monitors*
- ❖ *Rescue Equipment and Procedures*

