AMERICAN SOCIETY OF SAFETY PROFESSIONALS | GRAVITEC SYSTEMS INC

# FALL PROTECTION PROGRAM ADMINISTRATOR | COURSE OUTLINE

## Day 1

**8:00–8:15 – Welcome to the Course**

- Overview: Introductions, and course objectives.
- Topics:
  - Review of applicable regulatory jurisdictions (e.g., OSHA, ANSI).
  - Discussion of course expectations and how to achieve credit.

**8:15–9:15 – Introduction to Fall Protection (Lecture)**

- Overview: Foundational understanding of fall protection.
- Topics:
  - Definitions: Fall protection, travel restraint, and fall arrest.
  - Fall statistics and the importance of prevention.
  - Fall hazard recognition and the hierarchy of protection.
  - Overview of applicable regulations and local policies.
  - Roles and responsibilities will be discussed.

**9:15–9:30 – Review of Work Book Homework**

- Overview: Q&A and discussion based on assigned reading or exercises.

**9:30–9:45 – Break**

**9:45–11:00 – Work Book Exercise #1 in: Identification of Fall Protection Program Personnel**

- Lecture (9:45–10:00):
  - Identifying roles and responsibilities of program personnel (Authorized, Competent, and Qualified Persons).
  - Discussion of fall protection program personnel structure.
- Exercise (10:00–10:30):
  - Students identify personnel roles based on a hypothetical workplace scenario.

**10:30–12:30 – PFAS (Personal Fall Arrest Systems) Lecture**

- Overview: Comprehensive review of PFAS components and functionality.
- Topics:
  - Components: Full body harness, connecting devices, anchorages, and energy absorbers.
  - How the systems work together to arrest falls.
  - Maximum arresting forces and clearance estimations.

**12:30–1:30 – Lunch**

**1:30–2:30 – Work Book Exercise #2: Fall Hazard Identification and Compliance**

- Lecture (1:30–1:45):
  - Identifying common fall hazards in industrial environments.
  - Compliance requirements and standards.
- Exercise (1:45–2:30):
  - Students identify and document fall hazards in provided scenarios.

**2:30–4:00 – Work Book Exercise #3: Fall Hazard Organization and Ranking**

- Lecture (2:30–3:00):
  - Methods for organizing and prioritizing fall hazards using a risk assessment methodology.
- Exercise (3:00–4:00):
  - Students rank hazards based on severity, probability, and protection using case studies.

**4:00–4:30 – Work Book Exercise #4: Fall Hazard Solutions**

- Lecture (4:00–4:05):
  - Developing solutions using the hierarchy of fall protection (elimination, passive systems, active systems).
- Exercise (4:05–4:30):
  - Students propose solutions for various fall hazard scenarios.

**4:30 – End of Day 1**

## Day 2

**8:00–8:30 – Review of Day 1**

- Overview: Recap of key topics, including a Q&A session for clarification.

**8:30–10:00 – Lecture: Anchors, Anchor Connectors, Rescue Equipment, and Inspection**

- Overview: Essential components for safe and effective fall protection systems.
- Topics:
  - Anchorages: Certified vs. non-certified, static vs. dynamic loads.
  - Anchorage connectors: Snap hooks, carabiners, D-rings, straps, clamps, and engineered connectors.
  - Rescue equipment: Proper selection and inspection methods.

**10:00–11:15 – Work Book Exercise #5: Active Fall Protection Systems Equipment**

- Lecture (10:00–10:15):
  - Overview of active systems and equipment.
- Exercise (10:15–11:15):
  - Hands-on session using equipment such as SRDs, lanyards, and lifelines.

**11:15–11:30 – Break**

**11:30–12:00 – Work Book Exercise #6: Written Procedures**

- Lecture (11:30–11:45):
  - Case studies and examples will be demonstrated for how to write a procedure specific to fall protection and rescue.
- Exercise (11:45–12:00):
  - Students will write a procedure as it applies to one of their work book jobs.

**12:00–1:00 – Lunch**

**1:00–1:30 – Work Book Exercise #7: Fall Protection System Inspection**

- Lecture (1:00–1:10):
  - Inspection techniques for harnesses, lanyards, and other equipment.
  - Common inspection points (e.g., tears, deformities, wear).
- Exercise (1:10–1:30):
  - Students conduct a detailed inspection and document findings.

**1:30–2:30 – Work Book Exercise #8: Fall Protection Training**

- Lecture (1:30–2:15):
  - Best practices for developing and delivering fall protection training programs.
- Exercise (2:15–2:30):
  - Students create a short training session outline for a specific topic.

**2:30–2:45 – Break**

**2:45–4:30 – Work Book Exercise #9:Fall Protection Program Evaluation**

- Lecture (2:45–3:00):
  - Final topic overview and key takeaways.
- Exercise (3:00–4:30):
  - Students perform hazard assessment with proposed solutions to compare new organization risk with previous hazards risk.

**4:30 – End of Course**