



Training Connections

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Fall Protection

8 Hours

Certificates are valid for 3 years.

Prerequisites:

- Government Issued Photo I.D.
- Wear comfortable/modest clothing (no tank tops) for working in close contact with others
- Be fit to perform course related activities – specifically controlled weight transfer.

Topics Include:

- Design a Fall Pro plan
- Hazard Assessment & control
- Use a harness
- Restrains & Fall Arrest
- Solutions / Situations
- Equipment maintenance
- Rescue