



J.H. RYDER MACHINERY LIMITED

## Fall Protection Program

Theory: 1 X 4 hour session (8-10 people)

- Introduction
- Review accidents and cause
- Explanation of current Legislation and Standards
- Fall Prevention/Safe Work Environment (Signs, Barriers, Pedestrian Safety)
- Primary and secondary approach to fall protection
- Body support: Types of harnesses (Group A, D, E, L, P) and the proper use of each
- Types of Connectors: Lanyards, snaphooks, carabiners...
- Fall arrest considerations: Freefall, deceleration distance, safety factor, total fall distance and calculated clearance
- The danger of "Swing Fall" and how to prevent this from happening
- Shock absorbers. Types and how they work
- Equipment care and maintenance
- Anchorage points. Engineered vs. Improvised
- Specialized equipment. Different types and their uses
- Fall rescue...simple and safe as possible. Suspension trauma
- Summary
- Written test

### Materials Provided:

- Participant Manual
  - Knowledge Verification Test
  - Employer's Record of Training
  - Certificate of Completion (successful candidates only)
  - Wallet Card
- Total Time: ½ Day