



J.H. RYDER MACHINERY LIMITED

Fall Protection Program

Duration: 4 hours

Class Size: Maximum 16 people

Topics

- **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**
- **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**

Practical:

- **Basic Fall Protection Program with some hands-on practical training**
- **Participants will be required to utilize a wide range of fall protection equipment**
- **Detailed manual included**

[Click here for next available course dates and prices](#)

210 Annagem Blvd.

The Lift Truck Professionals Since 1930

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