

# FALL PROTECTION TRAINING

Employers, supervisors and workers all have responsibilities in reducing or eliminating falls from heights. Falls are the leading cause of accidental death and injury in Ontario. Every day, 80 people are injured from falls at work. On average, each injury results in 4 weeks of lost time. (WSIB 2000)

## **Purpose**

To equip workers and employers with the knowledge necessary to prevent fall related injuries and deaths from occurring in the workplace.

## **Objectives**

To provide a basic understanding of fall protection with a focus on personal fall protection systems increasing worker safety while operating at heights. A combination of theory utilizing various teaching methods to appeal to all learning styles and hands-on training provided.

## **Who should attend**

Any individual working at heights or directs workers to work at heights above 3 meters (10 feet) or preferably from above 6 feet\*.

## **Program Highlights**

The purpose of this course is to provide knowledge on the effective selection, use and care of fall protection equipment and understand when and how it is required. The following topics are covered:

- Fall protection/ Fall prevention
- Fall Arrest/Fall Restraint
- Regulations and legislation
- Hazards and Controls
- Fall Protection Principles, Systems and Components
- Proper donning and fitting of harness
- Equipment Inspection, Care and Maintenance

**Duration** Approximately 3.5 hours at your location.

## **Course Completion and Review**

A record of training, test results, and reference material provided. Upon successful completion, includes wallet-size certificate for each participant. An annual review of fall prevention training is recommended.

Please contact our office at **416-283-7233** to discuss your specific needs and for more information and pricing or **email** us at [safety@actfirstsafety.ca](mailto:safety@actfirstsafety.ca) .

*\*75% of work-related falls occur between 6 ft -10 ft. OSHA regulated sites are more stringent and adhere to a 6 ft threshold for fall protection as do some corporate health and safety policies. The Canada Labour Code requires fall protection at 8 ft.*

**ACT FIRST SAFETY**  
Providing Safety Training Excellence  
**416-283-7233**  
[safety@actfirstsafety.ca](mailto:safety@actfirstsafety.ca) [www.actfirstsafety.ca](http://www.actfirstsafety.ca)