



Course Outline

Fall Protection

Working at Heights (ON CPO)

Course #6212

Basic Theory Module (195 minutes)

Course Introduction (30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Certification
- 1.5 Certification Card
- 1.6 Student Record and Training Certificate

Working at Heights (30 minutes)

- 2.1 Evolution of Fall Protection
- 2.2 Hazard Identification
- 2.3 Facts of Falling
- 2.4 Respecting Heights
- 2.5 Falling Dynamics

Fall Protection Oversight (35 minutes)

- 3.1 Regulatory Bodies
- 3.2 Standards Bodies
- 3.3 Workplace-Specific Policies
- 3.4 Roles and Responsibilities

15 minute break

Ladders and Similar Equipment (50 minutes)

- 4.1 Overview
- 4.2 Regulations
- 4.3 Types
- 4.4 Selection
- 4.5 Inspection and Storage
- 4.6 Transportation and Set-Up
- 4.7 Climbing and Working
- 4.8 Review and Summary

Controlling Fall Hazards (35 minutes)

- 5.1 Hierarchy of Controls
- 5.2 Warning Methods
- 5.3 Physical Barriers
- 5.4 Personal Protective Equipment
- 5.5 Fall Protection System Selection
- 5.6 Fall Protection Planning

Practical Module (270 minutes)

Barriers and Other Fixed Equipment (20 minutes)

- 6.1 Guardrails
- 6.2 Covers
- 6.3 Safety Nets
- 6.4 Bump Lines

Anchor Points (25 minutes)

- 7.1 Anchor Points Overview
- 7.2 Anchor Point Types
- 7.3 Strength Requirements
- 7.4 Anchorage Connectors

Body Holding Devices (35 minutes)

- 8.1 Body Holding Devices Overview
- 8.2 Safety Belts
- 8.3 Full Body Harnesses
- 8.4 Classification
- 8.5 Construction
- 8.6 Harness Fitting

10 minute break

Connectors (65 minutes)

- 9.1 Connectors Overview
- 9.2 Snaphooks and Carabiners
- 9.3 Lanyards
- 9.4 Free Fall Distance (FFD)
- 9.5 Energy Absorbers
- 9.6 Clearance Requirements (CR)
- 9.7 Self-Retracting Devices
- 9.8 Vertical Lifelines and Fall Arresters
- 9.9 Horizontal Lifelines

10 minute break

Descent and Rescue (15 minutes)

- 10.1 Rescue Requirements
- 10.2 Suspension Trauma
- 10.3 Rescue Planning
- 10.4 Equipment and Techniques

Equipment Care (25 minutes)

- 11.1 Equipment Inspection
- 11.2 Maintenance and Storage

Work Access Equipment and Platforms (15 minutes)

- 12.1 Powered Elevating Work Platforms
- 12.2 Scaffolds
- 12.3 Suspended Access Equipment
- 12.4 Boatswain's Chair
- 12.5 Ladder

Summary and Review (50 minutes)

- 13.1 Key Learning Concepts
- 13.2 Review Questions



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Course Start — Day 1

Course Introduction (30 minutes)

- Safety Briefing
- Instructor and participant introduction
- Purpose of the course
- Course expectations and requirements
- Course certification
- Certification cards
- Instructor file/folders

Fall Protection Review — Part 1 (90 minutes)

- Instructor will facilitate the completion of the fall protection review using the resource guide worksheet

10 minute break

Fall Protection Review — Part 2 (90 minutes)

- Instructor will facilitate the completion of the fall protection review using the resource guide worksheet

60 minute lunch break

Program Parameters (70 minutes)

- Instructor will review FPG program parameters and requirements as per the Admin Booklet which include:
 - General Information
 - Slideshow Presentation
 - Record Keeping and Maintenance
 - SafetyNet
 - Student Activations
 - Changing Employers
 - Advertising Guidelines
 - Adult Education Principles
 - FAQ's
 - Success as an Instructor
- Instructor will review the course specific parameters as per the Instructor Guide to include:
 - Course Introduction and Overview
 - Course Logistics
 - Lesson Plan Guide
 - Lesson Plans

10 minute break

Lesson Plans (20 minutes)

- Understanding the lesson plan structure
- How to prepare for teaching a lesson

Delivery Workshop #1 (110 minutes)

- Students are paired together to co-teach a section of the course

10 minute break

Harness Fit and Suspension Demo Workshop (30 minutes)

- The harness fit and suspension demo workshop will be completed with a focus on how to deliver this section to end-users

Day 1 Summary (15 minutes)

- Question and answer period
- Review of the day's learning
- Assign homework for next day



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Course Start — Day 2

Adult Education Principles (30 minutes)

- Review of adult education principles
- Tailored to knowledge and training experience of the group

Fall Protection System Workshop (40 minutes)

- Students will gain familiarity with and how to properly set-up fall protection systems

10 minute break

Fall Pro Scenario and Analysis Workshop (120 minutes)

- Students will be challenged to complete basic fall protection scenarios, including free fall distance and clearance calculations
- Students will be challenged to analyze basic fall protection systems

60 minute lunch break

Fall Pro Scenario and Analysis Workshop Review (30 minutes)

- Instructor will review the technical content and issues arising from the scenario and analysis workshop

Delivery Workshop #2 — Preparation (30 minutes)

- Students prepare a section of the course for delivery as per the previous day's assignment. This is final preparation for delivery

10 minute break

Delivery Workshop #2 — Delivery (120 minutes)

- Students deliver their assigned section of the course
- Immediate feedback is provided by peers and Instructor
- These same sections will be assigned for the assessment of the delivery on day 3

10 minute break

Theory Test Preparation (40 minutes)

- Review session for the theory test on day 3

Day 2 Summary (15 minutes)

- Question and answer period
- Review of the day's learning
- Assign homework for next day

Course Start — Day 3

Theory Test and Assessment (75 minutes)

- Students complete a theory test to assess understanding of fall protection and course administration concepts
- Students continue to prepare a section of the course for delivery and evaluation

Theory Test Review (15 minutes)

- Instructor corrects and reviews theory test and reviews general concepts with the group
- Each student reviews their exam and clarifies any concerns or questions before indicating understanding

10 minute break

Delivery Preparation (30 minutes)

- Final preparation for the delivery of each student's assigned section

Delivery Workshop #3 — Assessment Part 1 (60 minutes)

- Students deliver their assigned section of the course to the class.
- Instructor completes an evaluation of the student's delivery

60 minute lunch break

Delivery Workshop #3 — Assessment Part 2 (120 minutes)

- Students deliver their assigned section of the course to the class
- Instructor completes an evaluation of the student's delivery
- The eval is reviewed by each student

10 minute break

FAQ's Review (40 minutes)

- Instructor facilitates a review of the FAQ's found in the Admin Booklet.
- Common course delivery and admin issues are addressed

Course Summary (45 minutes)

- Question and answer period
- Review of the course
- Instructor certification
- Certified Instructor pictures
- Completion of course paperwork
- Course evaluations completed