



Fall Arrest

Authorized Basic User

FA1500AU



Program Length:

One day (8 hours)

Who Should Attend?

Anyone required to use fall arrest systems.

General:

Falls are one of the leading causes of death in the construction industry and account for the vast majority of injuries in the work environment. OH&S requirements state that personnel working at height must receive training in associated hazards and protective equipment. It is essential that the user wears protective equipment correctly.

RuSafe Inc. has designed a curriculum to meet the stringent CSA Z259.17 competent person selection, use of active fall-protection equipment and system, as well as the requirements of ANSI Z359.2 Managed Fall Protection Program. These programs provide safe use, selection and training requirements when using an active fall protection system. This course is designed with theoretical components amplified with practical applications to reinforce the theoretical learning. Each module has a crafted exercise with built-in safety precautions to ensure the safety of participants and instructors, allowing the participants to display the correct use of the fall arrest equipment.

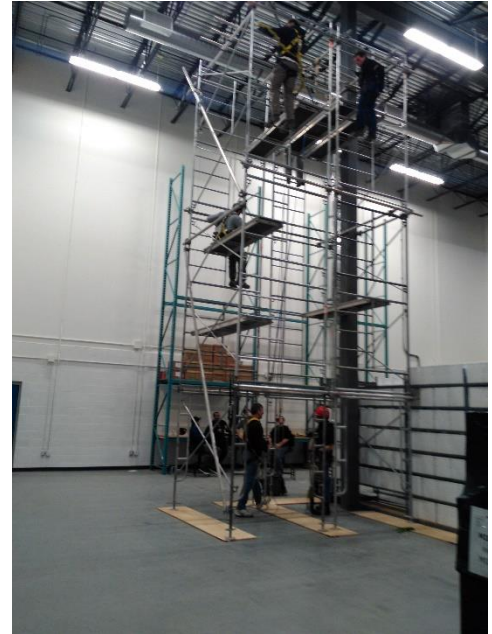
Our lead trainers have over 500hrs of fall arrest class instruction with a second instructor used in all classroom and practical applications, qualified to ANSI 359.2 standard. RuSafe Inc. conducts these classes throughout North America, and our instructors have a wealth of knowledge gained from a variety of workplace settings. The trainer's use of practical exercises aids in the retention of learned material.

Each participant is required to demonstrate learned ability in a practical exercise, complete a knowledge assessment and pass a written evaluation at the end of the session.

Learning Style:

The course is 55% classroom theory followed by 45% practical exercise to confirm the participants' understanding of the material. RuSafe Inc. will build a practical training tower on each facility allowing the participants to gain first-hand knowledge of the proper use of the equipment they are using on a regular basis. These training exercises are overseen by two instructors that will ensure the proper use of the equipment and all exercise are conducted in a safe, secure environment.

Training is verified through a signed document stating the individual participant in each teaching point of the training environment has met all requirements to successfully complete the class.



Course Outlines	Doc Control #: FA1500AU	Original Date: 7-Aug-05	
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Discussion Topics:

Fall Protection legislative requirements

- Hierarchy of fall protection
- Fall arrest hazards with proper mitigation of the hazard
 - Choosing the correct system for the work
- Body support
 - donning
 - inspection
- Connectors
- Energy-absorbing lanyards
 - Correct use and climbing
- Proper anchorage
 - Anchorages connectors
 - Install an anchorage
- Rope grabs
- Self-retracting lifelines(SRLs)
- Horizontal Lifelines
- Basic rescue planning
 - Demo of a proper rescue



Class Size:

Maximum course size is 15 participants, with a minimum of 2 for on-site training.

Outcomes:

Participants will:

- Don a properly fitted harness and verify the fit through a lifting exercise
- Complete a user inspection of the fall arrest system
- Demonstrate three-points-of-contact climbing on a ladder
- Learn to double tether climb
- Install an anchor by work-positioning themselves at height

Upon successful completion of written exam and practical exercises, each participant receives a wallet card denoting successful completing the Fall Arrest Skills Training (Authorized User Awareness). Certification is valid for three years.

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