

Qualified Fall Protection Specialist Syllabus - Day 1

Start	End	Topic	Activity
8:00 AM	8:15 AM	Safety Briefing & Introductions	
8:15 AM	9:45 AM	Introduction to Fall Protection <i>Statistics, Causes or serious falls ,Hierarchy of Fall Protection solutions, best practices</i>	
9:45 AM	10:00 AM	Break	
10:00 AM	12:00 PM	Calculation of Clearances: <i>Free Fall; Deceleration Distance; Harness Stretch; Safety Margin, Simplifications, App, Exercises</i>	 
12:00	12:30 PM	Lunch	
12:30 PM	2:15 PM	Fall Protection Equipment Standards <i>Harnesses, Connectors, Anchorage Connectors, Anchorages</i>	
2:15 PM	3:00 PM	The PEA Equation <i>Origin, Deceleration Ratio. Calculation Exercises</i>	 
3:00 PM	3:15 PM	Break	
3:15 PM	4:30 PM	Fall Protection Equipment Standards <i>Surrogate Test Mass , Redirect Testing, Shape of Test Mass</i>	
4:30 PM		Dismissal	

Qualified Fall Protection Specialist

Syllabus - Day 2

Start	End	Topic	Activity
8:00 AM		Fall Protection Equipment Standards Energy Absorbing Devices (PEAs and SRLs) Highly variable and complex behaviour.	
	9:15 AM		
9:15 AM		Fall Protection Equipment Standards Vertical Lifelines and Ladder Systems: <i>Exercises using Software for VLL performance</i>	 
	10:00 AM		
10:00 AM	10:15 AM	Break	
10:15 AM		Simple Horizontal Lifelines: <i>Understanding the large variations in behaviour; Selecting HLLs for optimal performance</i>	
	12:00 PM		
12:00 PM	11:15 AM	Lunch	
12:30 PM		Adjusting Clearances <i>For changes in Free Fall, Worker Weight & PEA deployment force, Class Exercise</i>	 
	1:30 PM		
1:30 PM		Hazard Assessment: <i>Development of Objective Relative Risk Ranking system Class Exercises using software</i>	 
	3:00 PM		
3:00 PM	3:15 PM	Break	
3:15 PM		Design Rules for "Active Fall Protection Systems" - Part 1 <i>Overview of ANSI Z359.6 requirements: History; Philosophy; Rationale, Expectations</i>	
	4:30 PM		
4:30 PM		Dismissal	

Qualified Fall Protection Specialist Syllabus - Day 3

Start	End	Topic	Activity
8:00 AM			
		Quiz	
	9:30 AM		
9:30 AM		Design Rules for "Active Fall Protection Systems" - Part 2 <i>Ballasted Anchorages, Analysis Methods, Swing Falls</i>	
	10:00 AM		
10:00 AM	10:15 AM	Break	
10:15 AM		HLLs with In-Line Energy Absorbers: History; HLEEA Properties, when to use them and when not to use them. Software to calculate Clearances for HLLS with HLEEAs	
	12:00 PM		
12:00	12:30 PM	Lunch	
12:30 PM		Considerations for Selecting Travel Restraint HLLs <i>How well do they work</i>	
	1:45 PM		
1:45 PM		Writing Fall Protection Plans <i>Checklist, Practice Scenarios</i> Begin Group Exercise	 
	3:00 PM		
3:00 PM	3:15 PM	Break	
3:15 PM		Writing Fall Protection Plans - Part 2 Complete Group Exercise	
	4:30 PM		
4:30 PM		Dismissal	

Qualified Fall Protection Specialist Syllabus - Day 4

Start	End	Topic	Activity
8:00 AM	10:00 AM	Hands on Group Exercises to Implement a Fall Protection Plan <i>Including debrief</i>	
10:00 AM	12:30 PM	Break	
10:15 AM	11:15 AM	Paper Fall Protection: <i>How effective is it? Case studies, recommendations.</i>	
11:15 AM	12:00 PM	Planning of Fall Protection <i>The Fall Protection Planning Matrix ; Class Exercises using form</i>	
12:00 PM	12:30 PM	Lunch	
12:30 PM	2:00 PM	Field Testing of Anchors <i>Recommended Practices: preparations, damage avoidance, direction of loading</i> Hands-on exercise/demonstration	
2:00 PM	3:00 PM	What do we do when there is not enough Clearance? <i>How common is this, what are the consequences and best practices</i>	
3:00 PM	3:15 PM	Break	
3:15 PM	4:30 PM	Rescue Considerations: <i>Orthostatic Intolerance, Rescue Options, Engineering Design Considerations</i>	
4:30 PM		Dismissal	

Qualified Fall Protection Specialist Syllabus - Day 5

Start	End	Topic	Activity
8:00 AM	9:00 AM	Detailed Equipment Inspections: <i>Frequency, what to look for, record keeping, serviced, retirement</i>	
9:00 AM	10:00 AM	Equipment Inspection exercises: <i>record keeping</i>	 
10:00 AM	10:15 AM	Break	
10:15 AM	11:15 AM	Innovative Fall Protection Systems: <i>A variety of novel ways of providing Fall Protection</i>	
11:15 AM	12:15 PM	Detailed System Inspections: <i>frequency, record keeping, when to retire systems. Where to go for help.</i>	
12:15 PM	12:45 PM	Lunch	
12:45 PM	2:45 PM	System inspection exercises: <i>frequency, record keeping, when to retire equipment.</i>	 
2:45 PM	3:00 PM	Break	
3:00 PM	4:00 PM	Final Exam:	
4:00 PM	4:30 PM	Exam Marking, Instructor evaluation and Final Q&A with students	
4:30 PM		Dismissal	