



Course Outline

Fall Protection - Certified Instructor Competent Person – 40 hrs

Course #7424

VG3.0-2022.07.22

Course start – Day 1

Course Introduction

(30 minutes)

- 1.1 Instructor Introduction
- 1.2 The Purpose of the Course
- 1.3 Course Requirements
- 1.4 Course Completion
- 1.5 Student Record

Working At Height

(40 minutes)

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

10 minute break

Fall Protection Oversight

(30 minutes)

- 3.1 Regulatory Bodies
- 3.2 Consensus Groups
- 3.3 Safety Associations and Organizations
- 3.4 Company Program
- 3.5 Conducting Due Diligence

Systems and Planning

(45 minutes)

- 4.1 Defining Fall Protection
- 4.2 Fall Protection Selection
- 4.3 Elimination of Fall Hazards
- 4.4 Passive Systems
- 4.5 Restraint Systems
- 4.6 Arrest Systems
- 4.7 Administrative Controls
- 4.8 Fall Protection Plans
- 4.9 Fall Hazard Survey

10 minute break

Anchor Points

(35 minutes)

- 5.1 Component Overview
- 5.2 Anchorage Types
- 5.3 Strength Requirements
- 5.4 Anchorage Connectors

Workshop #1 Anchor Points

(40 minutes)

- Students will be given the opportunity to discover the working specifications of select anchorage connectors.
- Students will be challenged to complete an assessment on the usability of the anchor points presented to them.

45 minute break / lunch

Body Support

(25 minutes)

- 6.1 Component Overview
- 6.2 Body Belts
- 6.3 Full Body Harness
- 6.4 Harness Considerations
- 6.5 Harness Applications
- 6.6 Harness Inspection and Fitting

Workshop #2

Full Body Harnesses

(60 minutes)

- Students will complete a harness pre-use inspection, donning, and partner check.
- Students will be challenged to assess the proper fit of different individuals in harnesses.

10 minute break

Connectors (Part 1)

(15 minutes)

- 7.1 Connectors Overview
- 7.2 Snaphooks and Carabiners
- 7.3 Lanyards

Workshop #3

Connector Compatibility

(30 minutes)

- Students will be challenged to assess various combinations of system components to determine the compatibility of the connections.

10 minute break

Connectors (Part 2)

(45 minutes)

- 7.4 Free Fall Distance
- 7.5 Energy Absorbers
- 7.6 Clearance Requirements



Course start – Day 2

Connectors (Part 3)
(40 minutes)

- 7.7 Self-Retracting Devices
- 7.8 Vertical Lifelines
- 7.9 Horizontal Lifelines

10 minute break

Workshop #4 Vertical Systems
(35 minutes)

- Students will examine and use a VLL system. The exercise will include a review of manufacturer's user instructions to answer challenge questions regarding specifications.

Workshop #5 Horizontal Systems
(35 minutes)

- Students will be challenged to set-up a temporary HLL system at floor level. The exercise will include a review of manufacturer's user instructions to determine clearance requirements for the system.

Workshop #6 Climbing and Positioning
(35 minutes)

- Students will be challenged to answer a series of workbook questions regarding the working specifications of these connectors.
- Students will be given the opportunity to complete a short climb using twin leg lanyards and a work positioning strap.

10 minute break

Descent and Rescue
(20 minutes)

- 8.1 Component Overview
- 8.2 Rescue Requirements
- 8.3 Suspension Trauma
- 8.4 Response Planning
- 8.5 Equipment and Techniques
- 8.6 Post Fall Protocol

Workshop #7 Descent and Rescue
(30 minutes)

- Instructor will demonstrate both an emergency descent system and a basic rescue system to further expand students' understanding of this component.

Equipment Care
(25 minutes)

- 9.1 Equipment Care Principles
- 9.2 Inspection
- 9.3 Maintenance
- 9.4 Storage

45 minute break / lunch

Workshop #8 End-User Inspections
(40 minutes)

- Students will be challenged to complete a series of end-user inspections on common fall protection equipment to determine their serviceability.

Work Applications
(30 minutes)

- 10.1 Regulatory Requirements
- 10.2 Construction and Industrial
- 10.3 Utilities and Communications
- 10.4 Transportation, Energy and Mining
- 10.5 Dropped Object Protection

10 minute break

Workshop #9 System Analysis
(65 minutes)

- Students will be challenged to examine personal fall arrest systems to determine their acceptability for use.

10 minute break

Summary and Review
(40 minutes)

- 11.1 Key Learning Concepts
- 11.2 Review Questions



Day #3

Course Introduction (8:00 - 8:50 am)

- Instructor/Participant Introductions
- Course Goal and Objectives
- Course Schedule Overview
- Instructor Kit Distribution and Contents
- Instructor Record Booklet
- Instructor ID Numbers, Passwords and SafetyNet Access
- Instructor Certificate Overview

Fall Protection Program Overview (8:50 - 9:20 am)

- Authorized Person (AP) Essentials and Comprehensive Course – Introduction and Scope
- Course Descriptions
- Course Outlines
- Course Duration and Class Size
- Course Certificates and Recertification Process
- Training Location and Material Requirements
- Course Delivery Checklist

10 Minute Break

Adult Education Principles (9:30 - 10:00 am)

- Instructor Preparations – First Impressions, Attitudes, and Motivation
- Student Learning Styles
- Self-Direct Learning (Socratic method)
- Developing your Personal Instructor Style

Lesson Planning (10:00 - 10:50 am)

- Lesson Plan Structure
- Using Lesson Plans and Instructor Preparation
- Students are assigned and prepare a short segment of the AP Comprehensive course for teach back

10 Minute Break

Practice Teaching Sessions (11:00 - 12:00 pm)

- Students deliver their assigned course segment to the group
- Instructor and student feedback provided after each teaching segment

45 Minute Lunch/Break

Practice Teaching Sessions (cont'd) (12:45 - 1:30 pm)

- Students deliver their assigned course segment to the group
- Instructor and student feedback provided after each teaching segment

15 Minute Break

Content and Regulatory Review / Assessment (1:45 - 3:45 pm)

- Content review using small group challenge exercises and activities
- Regulatory review of applicable regulations highlighted during Competent Person course
- Students complete the written assessment in Part A and B of the instructor record booklet (IRB)

Day 3 Summary (3:45 - 4:00 pm)

- Provide a brief overview of the next day's agenda
- Assign students teaching segments for the final delivery assessment



Day #4

**Skills Development
Delivery**
(8:00 - 9:30 am)

- Skills Development Session #1 – Harness Fitting and Partner Check
- Skills Development Session #2 – End-User Inspections
- Skills Development Session #3 – System Analysis
- Student groups are assigned a session to prepare and deliver to others
- Instructor and student feedback provided after each teaching segment

10 Minute Break

**Course
Administration**
(9:40 - 10:30 am)

- Administrative Guide Overview
- Instructor Certificate Validation and Recertification
- Electronic Presentation Updates and Access
- Obtaining Student Activations
- Theory Test Administration – Students complete Student Record Booklet (SRB) review exercise
- Record Keeping Requirements
- 3M Safety Training Portal – SafetyNet
- Frequently Asked Questions (FAQs)

**Course Administration
Assessment**
(10:30 - 11:00 am)

- Students complete the written assessment in Part C of the Instructor Record Booklet

10 Minute Break

Teaching Preparation
(11:10 - 12:00 pm)

- Review teaching assignments outlined during Day 3 summary
- Students are provided an in-class opportunity to finish preparations for their final teaching assessment

45 Minute Lunch/Break

**Course Delivery
Assessment**
(12:45 - 3:15 pm)

- Students deliver their assigned course segment to the group
- Instructor records teaching assessment in Part D of the Instructor Record Booklet

15 Minute Break

Day 4 Summary
(3:30 - 4:00 pm)

- Students provided an opportunity to review instructor comments for Parts A-D of the instructor record booklet
- Provide a brief overview of the next day's agenda



Day #5

Competent Person Course Introduction (8:00 - 8:20 am)

- Competent Person Certified Instructor Course Overview
- Additional Instructor Materials and Resources Distribution

Competent Person Instructor Guide (8:20 - 8:50 am)

- Competent Person Course – Introduction and Scope
- Course Description
- Course Outline
- Course Duration and Class Size
- Course Certificates and Recertification Process
- Training Location and Material Requirements
- Course Delivery Checklist

10 Minute Break

Workshop Delivery Overview (9:00 - 10:30 am)

- Workshop #1 – Anchor Points
- Workshop #2 – Full Body Harnesses
- Workshop #3 – Connector Compatibility
- Workshop #4 – Vertical Systems
- Workshop #5 – Horizontal Systems
- Workshop #6 – Climbing and Positioning
- Workshop #7 – Descent and Rescue
- Workshop #8 – End-User Inspections
- Workshop #9 – System Analysis

10 Minute Break

Workshop Delivery Preparation (10:40 - 11:45 am)

- Student groups are assigned a workshop to prepare and deliver to others
- Instructor assists in the preparation process

45 Minute Lunch/Break

Workshop Delivery Assessment (12:30 - 2:30 pm)

- Student groups deliver the assigned workshops
- Instructor records teaching assessment in Part E of the Instructor Record Booklet

15 Minute Break

Curriculum Assessment (2:45 - 3:30 pm)

- Students complete the written assessment in Part F of the Instructor Record Booklet

Course Summary (3:30 - 4:00 pm)

- Students provided an opportunity to review instructor comments for Parts E-F of the instructor record booklet
- Review conditions of training certificate
- Complete instructor profile information
- Outline post course action plan