



Fall Protection

Personnel who work in areas where they are exposed to fall hazards must be able to recognize those hazards and then implement appropriate measures to eliminate or control them. FSN uses the Construction Safety Association of Ontario's Basics of Fall Protection program as a basis to teach workers how to incorporate these principles in to their activities. Included is a powerpoint presentation followed by hands-on training with body harnesses. Each student completes a written test and receives a wallet card.

Applicable Certificate/License/Record of Training Regulations: Ontario Construction Regulation 213/91, Industrial Establishments 851. [GO TO REGULATIONS](#)

Fall Protection (FP-01) (1/2 day) (E)

Intended For: Employees working at heights.

Course Content: Introduces students to the various methods of fall prevention, travel restraint and fall arrest systems. Included are discussions on the use of guardrails, ladders, scaffolds, lifelines and body harnesses. A review will also be done on the proper use of body harnesses, lanyards and shock absorbers.

Prerequisites: None

Valid for: FSN recommends retraining after 3 years