



HEALTH  
SAFETY  
CONSULTANTS  
TRAINERS



## Fall Protection Recertification WorkplaceNL Approved

**Course Duration:** 1 Day

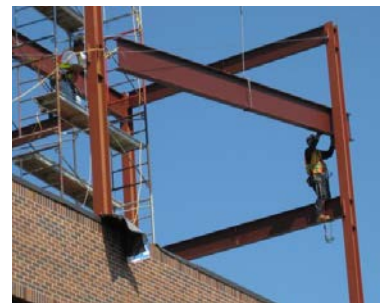
### **Who should attend?**

This training program has been designed to address the safety concerns associated with working from heights. All persons who work at heights above 2.4 metres - Federal Regulations or 3.0 metres NL Provincial Regulations and exposed to fall hazards should attend this training program. The purpose of this program is to ensure that students understand fall protection safety principles and how they apply to real work environments. Participants will receive training with fall protection devices donning a fall arrest harness and practice suspension trauma relief techniques while suspended 6 inches off the floor from an engineered anchor point installed in our training facility. This course meets the requirements under CSA Z259 Fall Protection Standard.

REL 's training program and instructors are WorkplaceNL Approved and Certified.

### **Curriculum Topics include:**

- Accident Statistics for Falls From Heights
- Legislative Requirements
- Hazards of Elevated Working
- Fall Prevention Techniques
- Fall Arrest System Components
- Fall Arrest Configurations
- Proper Fitting of Fall Arrest Systems
- Fall Arrest System Inspections (including anchor points)
- Calculation of Fall Distance
- Suspension Trauma Relief Techniques



Note: Participants are required to show proof of current WorkplaceNL approved Fall Protection Training Certificate in order to register. Expired certificate will be required to take 2 Day course.

All participants must bring Personal Protective Equipment.

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