

## About this Training Program

Working from heights exposes a worker to the constant risk of fall hazards. Without adequate fall protection, an accident could occur and result in serious injury or death.

This refresher level course is intended for those who have already completed a basic level of hands-on fall protection training, and does not replace in-depth fall protection training courses that meet regulatory requirements.



## Course Overview

### Introduction

### Fall Protection Systems

- Fall Protection Categories
- Hierarchy of Fall Protection
- Fall Protection Plan
- When to Use a Fall Protection Plan

### Fall Protection Equipment

- Equipment Standards
- Equipment Types
- Equipment Inspections

### Special Considerations

- Free Fall Distance
- Clearance Requirements
- Swing Fall Hazard

### Course Review

**Mastery Quiz (90% to pass)**

## Verification Techniques Employed

- ✓ **Identity:** Unique usernames and passwords.
- ✓ **Security:** Bank-level encryption.
- ✓ **Question Bank:** Every quiz attempt includes a unique combination of questions pulled from a large pool.
- ✓ **Certificate Verification:** Certificates contain a verification code that can be checked on CompetencyMill.ca.