



**BERKELEY LAB**

Bringing Science Solutions to the World

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## Berkeley Lab Training

### EHS 276 ~ Fall Protection Safety

#### Course Syllabus

<b>Subject Category:</b>	Occupational Safety	<b>Course Prerequisite:</b>	No
<b>Course Length:</b>	Part 1:40 mins; Part 2: 1 hour	<b>Medical Approval:</b>	No
<b>Delivery Mode:</b>	Part 1: Online, Part 2: In-person		
<b>Schedule:</b>	Monthly or as needed EHS		
<b>Location/Time:</b>	Training Center		

**Course Purpose:** This course is designed to provide information on work safety responsibility regarding fall protection systems, OSHA worker regulations, the inspection and maintenance of equipment, the use of fall protection equipment, rescue systems and lab resources.

#### Course Objectives:

After successfully completing this training, the participant will be able to:

- Identify when fall protection is needed
- Identify the components of personal fall arrest and fall restraint systems
- Identify the system criteria, components, supports and connecting devices
- Identify the difference between self-retracting lifelines and shock absorbing lanyards
- Inspect equipment
- Identify proper placement of anchor point
- Perform a fall distance calculation
- Respond effectively in emergency situations
- Properly fit a fall protection harness

**Course Instructional Materials:** eLearning training (asynchronous) and hands on instruction

#### Instructor:

EHSS Training Fall Protection Instructor

**Training Compliance Requirements:** 29 CFR Subpart (D); 29 CFR Subpart (M), 29 CFR 1910.21-1910.30; 29 CFR 1026.104, 1926.450 & 1926.522 © 8CCR 3298-3299, 3388, 3416 & 3620.

**Participant Evaluation:** Written evaluations regarding the effectiveness of the trainer, the training, and the visual aids.

**Written Exam:** No

**Practical Exam:** Yes

**Retraining/Recertification:** Not applicable

**WEB Resource:** PUB-3000