



OG4

Fall Protection Working at Height & Rescue Refresher

Ratio

6 students to 1 instructor

Duration

1 day

Overview

The aim of this course is to provide the delegate who has previously attended the Fall Protection Trainer (OG3) course with an opportunity to refresh their theoretical knowledge and practical skills and gain re-certification. The course follows the same syllabus as the Fall Protection Trainer training but focuses on initial assessment of the delegates skill level and practical exercises to ensure compliance with the requirements for Fall Protection training.

Included in the training will be any necessary updates in legislation, procedures, and equipment.

Certification

Successful delegates will be issued with a certificate valid for 2 years. Within 2 months of the 12 months period, delegates will be re-assessed. If successful, delegates will keep certification until expiry period.

After period of 2 years, within 2 months of the certificate expiry date, refresher course must be taken.

Standards

Upon request, training conforms to the provisions established by applicable ANSI standards.

Prerequisites

The applicant must previously have completed the full Fall Protection Trainer (OG3) course and be medically fit with a head for heights.

Who Should Attend

Those who need to refresh their Fall Protection Trainer (OG3) course.

Course Objectives & Content

Underpinning knowledge:

- Fall protection system assessments
- Fall hazard identification and assessment of risk
- Hierarchy of controls and implementation
- Personal Fall Protection Equipment - characteristics and limitations
- Detailed equipment inspection
- Development and implementation of fall protection plans and programs
- Traditional fall protection (e.g. handrails, guardrails, etc.)
- Fall restraint systems, including working on monkey boards
- Fall arrest systems (incl.: personal fall arrest systems, nets, safe work zones, horizontal & vertical safety lines)
- Fall protection rescue procedures
- Selection and use of certified and non-certified anchorages
- Roles and responsibilities