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## **AUTHORIZED PERSON TRAINING** **ANSI/ASSE Z359 Fall Arrest Code Compliant**

Duration: 4 hours

Description: This course is intended for those whose job responsibilities require them to work at elevation on a consistent basis. This is an interactive session with overhead/computer presentation, hands on application, equipment demonstration, and written knowledge test to facilitate the course objectives.

Content: Upon completion of the course, students will have a basic understanding of the following:

- The importance of fall protection / OSHA statistics
- Applicable fall protection regulations and the new ANSI/ASSE Z359 Fall Arrest Code
- Fall Protection hierarchy of controls – Elimination, Prevention, Arrest, Administrative
- ABC's of fall protection – Anchorage, Body Support, Connecting Means
- Anchorage points/basic anchorage point considerations
- Full Body Harnesses – Application/Donning Session
- Lanyards:
  - Shock Absorbing
  - Self-Retracting
  - 100% Tie off/Y-Lanyards
- Introduction to specialized fall protection equipment:
  - Lifelines – Horizontal/Vertical
  - Rigid Rail Systems
  - Ladder Climbing Systems
  - Work Positioning Systems
  - Controlled Descent Devices
  - 1<sup>st</sup> Man Up Devices



All fall protection equipment required for instruction will be provided, however, students are encouraged to bring their own personal fall arrest equipment to the course for use and demonstration.

A course manual will be issued to each student.

Upon successful completion of the course, students will be considered for authorized person status by their employer and shall receive a certificate with applicable expiration date for retraining/recertification.

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