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Recipient of the National Safety Council's  
Distinguished Service to Safety Award

## **AUTHORIZED PERSON ONLINE TRAINING** **ANSI Z359 Fall Protection Code Compliant**

**Duration:** 4 hours on-line. Take this training anywhere, anytime you have an internet connection. Stop and restart as often as you want until you complete the class.

**Description:** This course is intended for those whose job responsibilities require them to work at elevation using fall arrest or restraint equipment. This is an interactive on-line session with test of knowledge and printed certificate after successful completion of course.

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

- The importance of fall protection on the job.
- Applicable fall protection regulations and latest version of the ANSI Z359 Fall Protection Code.
- Fall Protection hierarchy of controls – Elimination, Prevention, Arrest, Administrative
- ABC's of fall protection – Anchorage, Body Support, Connecting Means, Compatibility
- Anchorage points and basic anchorage point considerations
- Inspection, storage, maintenance of fall protection equipment including Full Body Harnesses –
- Lanyards and self-retracting lifelines/lanyards:
  - The importance of deceleration
  - Calculating fall clearance
  - Compatibility of connections
- Introduction to specialized fall protection equipment:
  - Lifelines – Horizontal/Vertical
  - Rigid Rail Systems
  - Ladder Climbing Systems
  - Work Positioning Systems
- The importance of rescue planning



Upon successful completion of the course students will be considered for authorized person fall protection status by their employer and will work under direction of a Competent Person in Fall Protection.

**We Teach You High Standards!**

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