



HERCULES

GROUP OF COMPANIES

Fall Protection Competent Person (T-200)



Program Overview

This program is intended to provide students with fundamental knowledge of working at heights safely. This program has been developed to meet all local regulations, industry standards and manufacturer's recommendations.

Training Objectives

Upon completion of the program students will be able to:

- Demonstrate knowledge of regulations
- Complete a pre-use inspection of their personal fall arrest equipment
- Don a harness correctly
- Identify fall hazards and calculate the fall distance
- Demonstrate a basic understanding of the rescue plan and its requirements under the local regulations

Program Content

- Regulations review
- Pre-use inspections of all personal fall protection equipment
- Calculating fall distances with different types of fall protection
- Don a harness and ensure it fits properly
- Overview of various types of equipment
- Building a fall protection plan
- Selecting anchor points
- Ladder safety
- Hazard and risk analysis

Format

The program is a combination of theory and practical exercises. Students are evaluated by means of a written examination. A certificate of completion will be issued which aids in addressing the various legislative requirements placed upon employers to ensure their employees are competent.

Duration

8 hours

Location

The standard program is held at our Head Office and Manufacturing Hub based in Dartmouth, Nova Scotia. However, we are able to utilize our other Hercules locations across the country, or hold the training at your facility.

Note

If you have any reason to believe your body could not handle the energy of a fall with a harness and lanyard, your doctor should be consulted before working at heights.

Contact us for more information: training@herculeslr.com