

# Safety At Heights<sup>SM</sup> Training



**MSA Fall Protection Course Facilities** Courses are conducted at the MSA Fall Protection Training Centers in Edmonton, AB, Houston, TX, IHSA Facility Toronto, ON, Chicago, IL and Cranberry Township, PA. MSA holds courses throughout the year, allowing students the flexibility to attend the course of their choice at a location close to them OR we can come to your facility. Ask for details.

## FALL PROTECTION AWARENESS (4 HOURS)

### COURSE NO. ZT-FPAWARE

MSA offers an introduction to Safety at Heights through its 4 hour Fall Protection Awareness course. This course is designed for employees that are regularly required to work at height.

*At the successful completion of this course, the participants will be able to discuss and demonstrate the following topics:*

- ABCs of fall protection
- Proper selection, pre-use inspection and care of fall protection equipment
- Proper donning and doffing of a harness
- Hazard recognition, evaluation and control
- Fall clearance calculations

*The following is included in the registration fee:*

- 4 hours of hands-on instruction by an MSA factory trained instructor
- The MSA Fall Protection Awareness instruction training manual and supporting documents
- Exam and MSA Fall Protection Awareness Certificate

## COMPETENT PERSON FOR EQUIPMENT INSPECTION

### COURSE NO. ZT-CPINSPECT

The Competent Person for Equipment Inspection course is designed for the Fall Protection equipment user, or At Risk Worker, as well as their Supervisors or Manager and the Safety Professional.

*At the completion of this course, the participants will be able to discuss and demonstrate the following topics:*

- Consensus standards
- Formal documentation requirements
- Formal inspection process, including the criteria for pass/fail and disposal
- Equipment cleaning and storage

*The following is included in the registration fee:*

- 1/2 day of hands-on instruction by an MSA factory trained instructor
- The MSA Competent Person for Equipment Inspection instruction training manual and supporting documents
- Refreshments during the breaks in training
- MSA Safety at Heights certificate

## AUTHORIZED PERSON FOR SAFETY AT HEIGHTS

### COURSE NO. ZT-APHEIGHTS

The Authorized Person for Safety at Heights course is designed for the Fall Protection equipment user, or At Risk Worker, as well as their Supervisors or Manager, and the Safety Professional.

*At the completion of this course, the participants will be able to discuss and demonstrate the following topics:*

- Consensus standards
- Dynamics of a fall
- Fall hazard recognition and assessment
- Understanding impact forces
- Hierarchy of controls
- Procedures for continuous Safety at Heights
- Selection, application and use of fall protection systems
- Calculating fall clearances

*The following is included in the registration fee:*

- 1 day of hands-on instruction by an MSA factory trained instructor
- The MSA Authorized Person for Safety at Heights instruction training manual and supporting documents
- Lunch and refreshments during the breaks in training
- MSA Safety at Heights certificate

## RESCUE PLANNING FOR SAFETY AT HEIGHTS

### COURSE NO. ZT-RESCPLAN

The Rescue Planning for Safety at Heights course is designed for Supervisors, Managers, and Safety Professionals responsible for Fall Protection programs.

*At the completion of this course, the participants will be able to discuss and demonstrate the following topics:*

- Risk assessment of fall hazards
- Fall protection planning with proper rescue procedures
- Hierarchy of rescue
- Selection of rescue equipment
- Issues and considerations
- Rescue training and simulations

*The following is included in the registration fee:*

- 1/2 day of hands-on instruction by an MSA factory trained instructor
- The MSA Rescue Planning for Safety at Heights instruction training manual and supporting documents
- Refreshments during the breaks in training
- MSA Safety at Heights certificate

## COMPETENT PERSON FOR SAFETY AT HEIGHTS

### COURSE NO. ZT-CPHEIGHTS

The Competent Person for Safety at Heights course is designed for Supervisors, Managers, and Safety Professionals responsible for Fall Protection programs.

*This 2 day course is comprised of the following:*

- Authorized Person for Safety at Heights course
- Competent Person for Equipment Inspection course
- Rescue Planning for Safety at Heights course

*The following is included in the registration fee:*

- 2 days of hands-on instruction by an MSA factory trained instructor
- The MSA Fundamentals for Safety at Heights, Competent Person for Equipment Inspection and the Rescue Planning for Safety at Heights instruction training manual and supporting documents
- Lunch and refreshments during the breaks in training
- MSA Safety at Heights certificate

## COMPETENT PERSON TRAIN-THE-TRAINER

### COURSE NO. ZT-TTTPHEIGHTS

\* Prerequisite is MSA's 2-day Competent Person for Safety at Heights course

MSA's Competent Person for Safety at Heights Train-the-Trainer course is designed to prepare employees that must train safety at height material at your facility. The class provides the student the necessary skills to develop, deliver and evaluate students on basic safety at height knowledge and technical understanding.

*This 1 day course is comprised of the following:*

- Regulatory discussion and implications
- Assessment and identification of safety at height hazards based on governmental analysis criteria
- Discussion of fall protection safety program development based on the needs of the specific site and regulatory requirements
- Adult education methodology with teach back requirements specific to the topic of fall protection and safety at height
- Includes points to stress, questions to ask, and demonstrations to perform to drive home important concepts for adult learners
- Involves techniques to use for analyzing student comprehension and for best helping them to remember company procedural mandates for safety at height
- Safety at height program educational material development and lesson plans
- Guidance on performing practice exercises related to fall protection and working at height
- Review, assessment, and guidance of student instructors for proficiency in teaching core content related to the topic of fall protection and safety at height

*The following is included in the registration fee:*

- 1 day of hands-on instruction by an MSA qualified instructor
- The MSA Competent Person for Safety at Height training manual and supporting documents
- Basic safety at height PPT for use in developing their training program
- Lunch and refreshments
- MSA Competent Person and Train-the-trainer certificates and wallet card

## COMPETENT PERSON FOR SAFETY AT HEIGHTS REFRESHER

### COURSE NO. ZT-CPSHRECERT

\* Prerequisite is Competent Person for Safety at Heights – Course No. ZT-CPHEIGHTS

The recertification for Competent Person for Safety at Heights course is designed for Supervisors, Managers, and Safety Professionals who have previously successfully completed the initial Competent Person for Safety at Heights ZT-CPHEIGHTS course.

*This 1 day course is comprised of a review of the:*

- Competent Person for Safety at Heights course

*The following is included in the registration fee:*

- 1 day of hands-on instruction by an MSA factory trained instructor
- The MSA Safety at Heights instruction training manuals and supporting documents
- Lunch and refreshments during the breaks in training
- MSA Safety at Heights certificate

## QUALIFIED PERSON

### COURSE NO. ZT-QPHEIGHTS

\* Prerequisite is Competent Person for Safety at Heights – Course No. ZT-CPHEIGHTS

The Qualified Person for Safety at Heights course is designed for Engineers, Designers, and Safety professionals who have successfully completed the initial Competent Person for Safety at Heights ZT-CPHEIGHTS course.

*The following is included in the registration fee:*

- 4 days of hands-on instruction by a Structural Engineer specializing in Fall Protection systems
- The MSA Qualified Person for Safety at Heights instruction training manuals and supporting documents
- Lunch and refreshments during the breaks in training
- MSA Safety at Heights certificate

## COMPETENT PERSON FOR HORIZONTAL LIFELINE INSTALLATION & INSPECTION

### COURSE NO. ZT-CPHLL

The Competent Person for Horizontal Lifeline Installation and Inspection course is designed for the Fall Protection equipment user, or At Risk Worker, as well as their Supervisors or Manager, and the Safety Professional.

*At the completion of this course, the participants will be able to discuss and demonstrate the following topics:*

- Consensus standards
- Design statement, use and limitations
- Installation procedures
- Inspection criteria, including pass/fail and disposal
- Cleaning and storage

*The following is included in the registration fee:*

- 1/2 day of hands-on instruction by an MSA factory trained instructor
- The MSA Competent Person for Horizontal lifeline Installation and Inspection instruction training manual and supporting documents
- Refreshments during the breaks in training
- MSA Safety at Heights certificate

## ON-SITE DOCUMENTED COMPETENT PERSON EQUIPMENT INSPECTION

### COURSE NO. ZT-FPCUSTOM

Many organizations choose not to take on the responsibility or potential liability of inspecting their own PPE. Instead, they prefer to have a third party perform this inspection. MSA offers a solution to assist with this inspection. Our experienced and trained team will come to your facility to perform a documented and thorough competent inspection of all your safety equipment. At the end of the inspection, we will provide your organization with a detailed written report documenting the product, serial number, description, pass/fail and overall disposition. This document can be used between competent inspections to record new equipment or equipment that has been removed from service.

#### *MSA Custom Training Courses:*

- Focus on safety issues unique to your company
- Compliment your existing safety program
- Incorporate photos of your work hazards or conditions
- Hands-on training in your daily work environment
- Custom training structures at your facility

