



شركة ميرك العربية السعودية
MEIRC Saudi Arabia

FALL PROTECTION

Duration 1 Day

Introduction

Attendants shall learn the OSHA 3146 standards covering fall protection in construction systems, equipment and the application limits. They will get a hand on practice with the fall protection equipment and be made aware of all the aspects on the equipment and materials that they are working with. The attendants will also learn how to write a Fall Protection Plan by accurately defining the hazards and the measures and methods that could be utilized to eliminate or reduce the risk of such hazards.

Who Should Attend

Engineers, contractors, foremen, ministries and municipalities officials and all who are interested in learning about Fall Protection in Construction.

Course Objectives

Upon completion this program Participants will be able to:

- Follow Safety Rules for fall protection
- Use guard systems
- Aware of falling objects
- Use fall protection equipment efficiently

Course Outline

1. **Why Does OSHA Have a Standard for Fall Protection?**
2. **What Does the Fall Protection Standard Cover?**
3. **What Are the Requirements of the Standard?**
4. Controlled Access Zone
5. Excavations
6. Fall Protection Systems Criteria and Practices
7. Guardrail Systems
8. Personal Fall Arrest Systems
9. Positioning Device Systems
10. Safety Monitoring Systems
11. Safety Net Systems.
12. Warning Line Systems
13. Formwork and Reinforcing Steel
14. Hoist Areas
15. Holes
16. Leading Edges
17. Overhand Bricklaying and Related Work
18. Pre-cast Concrete Erection
19. Protection From Falling Objects
20. Canopies
21. Toe boards.
22. Training.
23. Residential Construction



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24. Ramps, Runways, and Other Walkways
25. Roofing...
26. Low-Slope Roofs
27. Steep Roofs
28. Wall Openings