Pennsylvania College of Technology
Workforce Development & Continuing Education

OSHA Fall Protection
NAT 129

Course Outline

Course Description: This course is required for personnel who have an exposure to falling hazards in compliance with OSHA 29 CFR 1926 and 1910 regulations.

Textbook: None

Prerequisites: None

Course Length: 4 hours

Course Objectives: Participants will be able to identify and explain the topics covered, at an awareness level.

Course Outline:

1. Regulatory Information
2. Definitions
3. General Protection Concepts
   3.01. Walking/working surfaces
   3.02. Guardrail systems
   3.03. Safety nets
   3.04. Personal fall arrest systems & positioning devices
   3.05. Fall protection equipment: anchor systems, snaphooks, carabiners, lanyards, lifelines, rope grabs, winches/tripods
   3.06. Covers
   3.07. Protection from falling objects
   3.08. Ladder safety: general requirements, fixed & portable ladders
   3.09. Working over or near water
   3.010. Planning & monitoring
   3.011. Scaffolding safety awareness
4. Written Exam
5. Demonstration of Donning Equipment