



Fall Protection: Competent Person Certification

October 6-7, 2026

Presented by:



October 6

8:00 a.m. Registration and Continental Breakfast

8:30 a.m. Introduction

- Purpose and overview of fall standards
 - Scope: What standards apply?
- Latest statistics, inspections and fines regarding falls from OSHA
- Duty to have fall protection: Employer responsibility

What is Covered in Each Standard

- General industry
- Construction
 - Residential construction

Responsibilities of a Competent Person

- General industry
- Construction

Fall Protection Concepts

- Fall protection
- Positioning
- Restraint
- Fall arrest
- Identification of concepts exercise

12:00 p.m. Lunch (provided)

1:00 p.m. Hierarchy of Fall Protection

- Passive versus active fall protection systems

Personal Fall Arrest System

- Anchorage
- Body harness
- Connective devices

Calculating Fall Distances

- Arresting force
- Free fall
- Deceleration

- Swing falls
- Safety factors
- Fall distance calculations exercise

Anchorage Requirements

- Safety factor of 2
- 5,000 lbs. myth?

4:00 p.m. Adjourn

October 7

8:00 a.m. Continental Breakfast

8:30 a.m. Fall Protection Equipment

- Donning and doffing
 - Hands-on practice
- Recommended usage
- Maintenance and storage
- Inspection requirements
 - Inspection checklist exercise

Protection From Falling Hazards

- Dropped object protection
 - Tool tethering
 - Controlled access zones
 - Toe boards
 - Nets/canopies
- Deflection concepts

Rescue Solutions and Plans

- General industry
- Construction

12:00 p.m. Lunch (provided)

1:00 p.m. Fall Protection Plans

- When allowed
- Sample plans

Fall Protection Training

- Who can do the training?
 - Qualifications
 - When to train
- Training content

Group Exercise

- Group tabletop scenarios
 - Identification of fall hazards
 - Selection of equipment
 - Safety usage
 - Fall protection plan

4:00 p.m. Adjourn