



# Fall Protection Essentials

## Course Overview

- Facts of falling
- Fall protection oversight
- Fall safety systems & planning
- Anchor points – strength requirement & types
- Body holding devices – full-body harness types & fitting
- Connectors – basic lanyards, energy absorbers & self-retracting lifelines
- Equipment care

Course Code: 6208 | Duration: 4 Hours

## Course Description

This half-day end-user program will allow you to understand the essentials of fall protection as they relate to simple fall protection systems and work at heights.

This course is suitable for individuals whose work environment is relatively homogeneous, (e.g., where you work only within the setting of an aerial work platform). The anchor point is consistent and established, and your connector equipment choice is static.

The course material is energetically delivered and focuses on student participation. The course is delivered by one of our highly qualified, certified instructors.

### 3M Personal Safety Division

#### 3M Canada

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