

Fall Prevention and Protection

Sample Matrix

| Day | Subject | Recommended Materials | Activities |
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| 1 | Module 1 – Introduction | Fall Prevention and Protection manual (M-049); Fall Protection Standard 1926 Subpart M (M-052); and OSHA 3115 Fall Arrest Systems Instructor CD (C-049) | |
| | Module 2 – Review of Basic Fall Hazards and Their Common Controls | Fall Prevention and Protection manual | |
| | Module 4 – Warning Line Systems, Safety Monitors, CAZ’s and Fall Protection Plans | Fall Prevention and Protection manual | “NHP Training Video Clips Vol 1 and 2” (D-024) Flat Roof Fall Protection |
| | Module 5 – Body Holding Devices | Fall Prevention and Protection manual | “NHP Training Video Clips Vol 1 and 2” (D-024) Harness Selection Inspection and Donning |
| | Module 6 – Anchor Points | Fall Prevention and Protection manual | |
| | Module 7 – Ladders and Vertical Positioning Systems | Fall Prevention and Protection manual | |
| | 2 | Module 8 – Horizontal Positioning Systems | Fall Prevention and Protection manual |
| Module 9 – Steel Erection Subpart R | | Fall Prevention and Protection manual | |
| Module 10 – Fall Protection for Residential Construction | | Fall Prevention and Protection manual | |
| Module 11 – Fall Hazard Analysis for Scaffold Erectors | | Fall Prevention and Protection manual | |
| | | Optional Material: M-049-2013.SP Fall Protection and Prevention Hands-on Supplemental | Recommend Hands -On Activities: -Harness Inspection -Harness Donning -Component Inspection |