



COMPETENT PERSON TRAINING FOR FALL PROTECTION

Upon completion of this course students will be able to demonstrate knowledge of the following

- Fall Protection Regulations (OSHA) & Fall Protection Standards
- 7 Principals of Fall Protection
- Recognizing & Identifying Fall Hazards
- Certified and Non-Certified Anchorages
- Determining Acceptable Anchorages
- Energy Absorbers and Energy Absorbing Lanyards
- Fall Protection Hardware Compatibility
- Selecting the Right Fall Arrest System for the work you need to accomplish
- Fall Protection Theory
- Passive and Active Fall Protection Systems
- Donning your Fall Protection System
- Self-Retracting Devices
- Vertical Lifelines
- Engineered Horizontal Systems
- Ladder Climbing Devices
- Rescue from Fall Arrest
- Leading Edge vs Non-Leading Edge
- Troubleshooting Fall Restraint Systems and Fall Arrest Systems
- Fall Protection Plans and Fall Protection Procedures
- Detailed Inspection, Care and Maintenance
- Specialty Fall Arrest Systems
- Calculating Required Fall Clearances
- Work Positioning Systems

Course Length: 16 Hours (2 Days) 7am- 3:30pm

Course Dates: **January 19th & 20th, 2026**

Two

Sessions January 21st & 22nd, 2026

Training Location: Sheffield Supply & Equipment
24216 W. Lockport St
Plainfield, IL 60544

Certification: Photo Wallet Card and
.5 x 11 Wall Certificate



Attendees, please bring your fall protection equipment (harnesses, lanyard, SRD, etc.) to be used during training.

PRICE \$850 per student - Lunch will be provided for both days