



HERCULES

GROUP OF COMPANIES

TRAINING ACADEMY

Fall Protection



Overview

This program will provide students with the fundamental knowledge of working at heights safely. This program meets and exceeds the local regulations, industry standards and manufacturer's recommendations.

Content

- Regulations
- Hazard assessments
- Pre-use inspections
- Calculating fall distance
- Donning a harness
- Selecting fall protection equipment
- Fall protection plans and procedures
- Selecting anchor points
- Ladders
- Elevated Work Platforms
- Suspension trauma

Format

The program is a combination of theory and demonstration. Students are evaluated by means of a written test. Upon successful completion of the program, a certificate will be issued.

Certification Validity

3 years

Duration

1 day

Location

Training is delivered at the Hercules Training Academy or can also be delivered on-site.

Contact us for more information: training@herculeslr.com