

# FALL PROTECTION ORIENTATION

**Module 75901** explains the importance of safety, OSHA regulations, known and potential hazards, and ways to prevent them including troubleshooting, careful communication, and the proper use of equipment.

### Objectives

#### Learning Objective 1

- Describe the importance of safety and the process of hazard recognition and control.
  - a. Explain the importance of safety awareness and how to develop a safety-conscious attitude.
  - b. Identify methods of recognizing, reducing, and preventing hazards to prevent workplace incidents and accidents.

#### Learning Objective 2

- Identify the reasons for the OSHA regulations that govern the elevated work in construction.
  - a. Understand the role of OSHA in regulating the construction workplace and know where to find regulations, training, and safety requirements for elevated work.

#### Learning Objective 3

- Identify incidents, accidents, causes, costs, and consequences related to falls in the workplace.
  - a. Identify the categories of workplace incidents and accidents.
  - b. Describe the costs of workplace incidents and accidents.
  - c. Describe the causes of workplace incidents and accidents and identify hazards that lead to falls.

#### Learning Objective 4

- Identify the safety concerns and requirements related to elevated work.
  - a. Identify the work areas most likely to present fall hazards.
  - b. Identify safety precautions related to elevated masonry work.
  - c. Identify safety precautions related to elevated steel erection work.

#### Learning Objective 5

- Identify the appropriate fall protection and lifesaving equipment and describe their proper use.
  - a. Describe the procedures for using fall protection equipment.
  - b. Describe the requirements for anchor points.
  - c. Describe the requirements for full-body harnesses and identify the steps for donning a harness.
  - d. Describe the requirements for lanyards, lifelines, and deceleration devices.
  - e. Identify barriers, guardrails, safety nets, and climbing devices used to prevent falls.

#### Learning Objective 6

- Identify and describe the safe use of ladders, stairs, and scaffolds.
  - a. Describe the hazards related to use of ladders and stairs in the workplace.
  - b. Identify the safety requirements and proper use of various types of ladders and stairs.
  - c. Identify types of scaffolds and describe how to use them safely.

#### Learning Objective 7

- State the guidelines for the safe operation of aerial lifts.
  - a. Identify the types of aerial lifts and precautions for safe use.

### Performance Tasks

This is a knowledge-based module. There are no Performance Tasks.

## Teaching Time: 8 hours

(Three 2.5-Hour Sessions and One 0.5-Hour Testing Session)

Section time may be adjusted to accommodate your class size, schedule, and teaching style.

## Before You Begin

Gather the required equipment, materials, visual aids, and answer keys. Using your access code, download the PowerPoint® presentation for this module from NCCER's Instructor Resource Center at [www.nccerirc.com](http://www.nccerirc.com). For information and updates about accessing the Module Examinations, visit [www.nccer.org/testing](http://www.nccer.org/testing). The passing score for submission into NCCER's Registry is 70% or above for the Module Exam.

## Instructional Methods

Research has shown that varying instructional methods periodically throughout class sessions helps to engage and hold trainees' attention. The PowerPoint® presentation that you received with this Lesson Plan is keyed to the sections of the Trainee Guide indicated below and has been designed for use with this Lesson Plan.

### Safety Considerations

This module covers material that addresses known and potential hazards in the construction industry. It discusses the importance of attitudes, awareness, and decision making in residential, commercial, and industrial settings. Safety is the sole focus of this module and must be emphasized as paramount to all other responsibilities. Instructors must stress the importance of wearing the proper PPE for each job, following safety practices as a rule and not an exception, and giving due respect to unseen hazards. In keeping with these standards, instructors should additionally address the importance of troubleshooting, communicating, and making good judgments in every situation.

## Classroom Equipment and Materials

Whiteboard and markers  
Pencils and paper  
PowerPoint® Presentation for Module 75501  
LCD projector and screen  
Computer  
Internet access during class (optional)  
Common dimmer controls  
Module Examinations

## Additional Resources

This module presents thorough resources for task training. The following reference material is recommended for further study.

*Basic Construction Safety and Health*, Fred Fanning. 2014. CreateSpace Independent Publishing Platform.

*Construction Safety*, Jimmie W. Hinze. Second Edition. 2006. New York, NY: Pearson.

*DeWalt Construction Safety/OSHA Professional Reference*, Paul Rosenberg, American Contractors Educational Services. 2006. DEWALT.

*Fall Protection and Scaffolding Safety: An Illustrated Guide*, Grace Drennan Gagnet, CSP. 2000. Government Institutes.

Online resources:

Code of Federal Regulations (CFR), [www.ecfr.gov](http://www.ecfr.gov)

29 CFR 1926, Subpart G, *Accident Prevention Signs and Tags*. [www.ecfr.gov](http://www.ecfr.gov)

Occupational Safety and Health Administration (OSHA), [www.osha.gov](http://www.osha.gov)

OSHA Videos, [www.osha.gov/video](http://www.osha.gov/video)

There are a number of online resources available for trainees who would like more information on preventing falls. A search for additional information may be assigned as homework to interested trainees.

Instructors are also encouraged to locate additional audiovisual aids available on the internet, make personal videos, and take photos related to the industry and add them to the PowerPoint® presentations throughout the program.

## Session Outline for Module 75901

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The Lesson Plan for this module is divided into three 2.5-hour sessions and one 0.5-hour testing session. This time includes 10 minutes for administrative tasks and regular breaks per session.

### SESSION ONE

Session One introduces trainees to basic safety concepts and discusses how to recognize and avoid safety hazards on the job. This session also introduces the Occupational Safety and Health Administration (OSHA), discusses its importance in managing hazards related to falls on the job, and identifies causes of safety incidents.

1. Show the Session One PowerPoint® presentation.
2. Use the Kickoff Activity to get trainees engaged and give them an idea of what they will learn from this module.
3. Describe the importance of safety and the process of hazard recognition and control.
4. Describe the methods used for rescue after a fall.
5. Identify the reasons for the Occupational Safety and Health Act (OSHA) regulations that govern the elevated work in construction.
6. Identify incidents, accidents, causes, costs, and consequences related to falls in the workplace, and identify other hazards that contribute to falls.

### SESSION TWO

Session Two is all about elevated work and the methods used to prevent injuries caused by falls from heights. Included are the discussions of fall hazards and fall arrest equipment/methods.

1. Show the Session Two PowerPoint® presentation.
2. Identify the safety concerns related to elevated work.
3. Review the types of fall hazards and the protections required for unprotected sides, wall openings, and floor openings.
4. Describe safety requirements associated with elevated masonry and steel erection work.
5. Identify the appropriate fall protection and lifesaving equipment and describe their proper use.

### SESSION THREE

Session Three covers types of ladders, scaffolds, and aerial lifts, as well as how to use them safely.

1. Show the Session Three PowerPoint® presentation.
2. Identify and describe the safe use of ladders, stairs, and scaffolds.
3. State the guidelines for the safe operation of aerial lifts.

### SESSION FOUR

Session Four is a review and testing session. Have trainees complete the Module Review Questions. Alternatively, these may be assigned as homework at the end of Session Three. Go over the Module Review in class prior to the exam and answer any questions that the trainees may have.

1. Have trainees complete the Module Examination.
2. Submit the results to your Training Program Sponsor through the Registry System.