

Practical Solutions International Inc. Presents

A four hour Competent Worker Program on Fall Prevention and Protection.



Designed for workers who are using fall protection equipment on a regular basis!

Fall Protection Seminar – Level I

Introduction to Fall Prevention and Protection

- ✓ Review of current applicable legislation (Workshop for participants)
- ✓ Recognizing Fall Hazards in your workplace!
- ✓ Fall Prevention, Fall Protection, Fall Restraint and Travel Restraint –what are they and which one should you be using!

Components of a Fall Protection System

- ✓ Anchor Points and Anchor Connectors – hands on
- ✓ Full Body Harness – inspection, donning, doffing and fit test
- ✓ Connecting Devices – hands on

General Principles of Fall Protection

- ✓ Avoiding bottoming out
- ✓ Avoiding swing falls
- ✓ Minimizing Fall Forces

- ✓ Final Evaluation

Date: Please check date preference

- Mon. April 26th 8am to noon or 12:30 to 4:30**
- Mon. June 21st 8am to noon or 12:30 to 4:30**

Location: Bowmanville, Ontario

YES! Please Register Me. Course cost - \$90.00 per participant (plus applicable tax)

Name/Organization _____

Address _____

City _____ Prov. _____ PC _____ Phone _____

My Payment is: Cash Cheque (made out to PSI) Visa

Credit Card # _____ **Expiry Date** _____

Fax Completed Form to: 705-652-3635