

Sample Lesson Plan
Construction Industry Training Program
Fall Protection

Introduction

- Working conditions that require the use of fall protection
- Available options to protect workers from falls
- Fall Protection Planning

Instructional Activities

- PowerPoint presentation
- Discuss Subpart M of the OSHA Regulations
- Active discussion with participants

Learning Objective and Outcomes

I. Available methods of fall protection

- A. Controlled access zones
- B. Control lines
- C. Guardrails
- D. Covers
- E. Safety nets
- F. Personal Fall Arrest Systems

II. Training

- A. Know how to properly use and fit the anchorage, lifeline and body harness of PFA's
- B. Know construction requirements for effective guardrails
- C. Covers are required over any opening more than six feet high
- D. Do as much work as possible at ground level
- E. Use safety monitors

References

- **OSHA Standard**
 - **29 CFR 1926 Subpart M – Fall Protection**
http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=10756
- **OSHA Publication**
 - <http://www.osha.gov/pls/publications/pubindex.list>
 - **3146 Fall Protection In Construction**

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