

***Sample Lesson Plan***  
***Construction Training Program (10-hour)***  
**Scaffolds**

***Introduction***

**Three types of scaffolds**

- Supported—platforms supported by rigid, load-bearing members such as poles, legs, frames and outriggers
- Suspended—platforms suspended by ropes or other non-rigid means from an overhead structure
- Aerial lifts—vehicle mounted devices used to get a worker to an elevated position

***Instructor's activities***

- PowerPoint presentation
- Discuss 29 CFR Part 1926 Subpart L
- Participant feedback

***Learning Objectives and Outcomes***

**I. Identify hazards**

- A. Falls from elevations
- B. Struck by falling objects or debris
- C. Electrocution
- D. Structural instability
- E. Collapse or bad planking giving way
- F. Overloading
- G. Weather conditions

**II. Know the elements of safe scaffold construction**

- A. The height of the scaffold should not exceed four times its base
- B. Ensure gaps between decking and work areas meet OSHA requirements
- C. Must be able to support its own weight plus four times the maximum load
- D. Proper overlap, fittings and restraints
- E. Platforms supported by legs, outrigger beams, brackets, poles, uprights, posts and frames
- F. Suspension scaffolds supported by connecting hardware, and suspension rope that can withstand six times its maximum load

**III. Proper scaffold access**

- A. Provide access when platforms are more than two feet above or below access point
- B. Use portable-type ladders, stair towers, ramps and walkways
- C. Ladders may not have the bottom rung more than 24 inches high
- D. May use building stairs and come out a window
- E. May access from another scaffold, structure or hoist, but may not use cross braces to gain access

**IV. Ensure proper incorporation of the role of a competent person**

- A. Scaffolds can only be erected, moved, dismantled or altered under the supervision of a competent person.

- B. A competent person must inspect the scaffold for visible defects before each shift and after any alterations are performed, and defective parts must be replaced immediately.
- C. A competent person determines whether an appropriate means of access is provided, based on site conditions.
- D. A competent person trains workers to recognize hazards.
- E. A competent person determines if it is safe to work on a scaffold during storms, inclement weather (such as icing conditions), or high winds.

### **References**

**OSHA Standard:** 29 CFR 1926 Subpart L (1926.450 to 1926.454)

#### **OSHA Publications**

[www.osha-slc.gov/OshDoc/Additional.html](http://www.osha-slc.gov/OshDoc/Additional.html)

- 3100 Crane or Derrick Suspended Personal Platforms
- 3150 A Guide to Scaffold Use in the Construction Industry

#### **OSHA References/Resources**

- Construction Safety and Health Outreach Program - Scaffolding  
[www.osha-slc.gov/doc/outreachtraining/htmlfiles/scaffreg.html](http://www.osha-slc.gov/doc/outreachtraining/htmlfiles/scaffreg.html)
- Different Types of Scaffolds  
[www.osha-slc.gov/NewInit/Scaffolds/Handout.pdf](http://www.osha-slc.gov/NewInit/Scaffolds/Handout.pdf)
- OSHA Construction eCAT - Falls: Improper Scaffold Construction  
[www.osha.gov/SLTC/etools/construction/falls/improper\\_scaffolds.html](http://www.osha.gov/SLTC/etools/construction/falls/improper_scaffolds.html)
- OSHA Construction Scaffolding eCAT  
[www.osha.gov/SLTC/etools/scaffolding/index.html](http://www.osha.gov/SLTC/etools/scaffolding/index.html)
- OSHA Technical Links - Construction: Scaffolding  
[www.osha.gov/SLTC/constructionscaffolding/index.html](http://www.osha.gov/SLTC/constructionscaffolding/index.html)
- OSHA Technical Links - Scaffolding  
[www.osha.gov/SLTC/scaffolding/index.html](http://www.osha.gov/SLTC/scaffolding/index.html)
- Pump Jack/Ladder Jack Scaffold Photo Compliance Guide  
[www.osha.gov/SLTC/pptpresentations/pumpjack\\_0398/index.html](http://www.osha.gov/SLTC/pptpresentations/pumpjack_0398/index.html)
- Scaffolding Slides  
[www.osha.gov/SLTC/scaffolding/scaffold\\_slides/mainpage.html](http://www.osha.gov/SLTC/scaffolding/scaffold_slides/mainpage.html)
- Video - A Basic Look At Scaffolds For Compliance Officers  
[www.osha.gov/SLTC/video/scaffold/video.html](http://www.osha.gov/SLTC/video/scaffold/video.html)
- Working with Scaffolding - Using them Properly to Prevent Hazards. Job Safety and Health Quarterly - Spring 1999  
[www.osha.gov/Publications/JS HQ/jshq-v10-3-spring1999.pdf](http://www.osha.gov/Publications/JS HQ/jshq-v10-3-spring1999.pdf)

This material was translated under Susan B. Harwood grant number 46F1-HT06 awarded to the Texas Engineering Extension Service, OSHA Training Institute Southwest Education Center from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Este material fue traducido bajo número 46F1-HT06 de la concesión de Susan B. Harwood concedido a Texas Engineering Extension Service, OSHA Training Institute Southwest Education Center del Occupational Safety and Health Administration, U.S. Department of Labor. No refleja necesariamente las vistas o las políticas del U.S. Department of Labor, ni menciona los nombres comerciales, productos comerciales, o las organizaciones implican el endoso por el gobierno de Estados Unidos.