



24-Hr Fall Protection Competent Person Module 6

Training of Personnel in the Fall Protection Program

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Section 6.1 Training Requirements

Training requirements for employees in the Fall Protection Program are outlined in OSHA's 1926 subpart M §1926.503. Employers are generally required to provide training for employees who may face the risk of falling. This training aims to enhance employees' awareness of fall hazards and instruct them on procedures to mitigate these risks. Training should be administered by a Qualified Person (QP) in the following areas:

- The risks of falling in each work area
- Usage, wearing, and preservation of fall protection equipment
- Proper procedures for setting up, maintaining, taking apart, and checking fall protection systems
- Usage of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other safety measures
- The role of each worker in fall protection plans and the safety monitoring system
- Restrictions on using certain equipment when doing roofing work on low-sloped roofs
- Correct methods for handling/storing equipment and materials as well as putting up overhead protection
- Fall protection standards
- Knowledge of equipment inspection requirements

Subsequent to the training, a certification of completion should be issued, and periodic retraining may also be necessary.

All personnel involved in the Fall Protection Program need to meet the qualification/training requirements set by ANSI/ASSP Z359.2 and ANSI/ASSP Z490.1 standards. This includes the Program Administrator, Qualified Persons (QPs), Competent Persons (CPs), Authorized Persons, Competent Rescuers, and Authorized Rescuers, as described below.

Fall Protection Program Administrator/Manager

- Training must be performed by a CP trainer or QP trainer.
- Program Administrators for the United States Army Corps of Engineers (USACE) must complete yearly refresher training, including at least one hour of fall protection and rescue-related informational meetings or training.

Qualified Person (QP) for Fall Protection

- Training must be conducted by a QP trainer.
- Training includes learning how to properly identify, design, assemble, inspect, certify, recertify, and use all fall protection equipment and systems encountered in their work as a QP.

- USACE QPs must complete annual refresher training, including at least one hour of fall protection and rescue-related informational meetings or training.

Competent Person (CP) for Fall Protection

- Training must be provided by a qualified CP or QP trainer.
- The initial training should consist of at least 24 hours of coursework, including both classroom instruction and practical assessments.
- The CP trainer must document the training and issue a single certificate to the CP upon completion.
- CPs must also undergo annual refresher training, including at least two hours of fall protection and rescue-related meetings or training.

Authorized Person

- Training must be provided by a CP on how to use fall protection systems and equipment safely.
- Authorized Persons must complete training before using personal fall protection equipment.
- The training content must include:
 - Different fall hazards in the work area
 - Proper procedures for setting up, using, taking down, inspecting, maintaining, and storing fall protection equipment
 - Limits of fall protection systems and equipment including free-fall distance, total fall distance, and clearance requirements
 - Rescue equipment and procedures
 - Hands-on training and practical demonstrations
 - Correct anchoring and tie-off techniques
- Authorized Persons are required to complete annual refresher training.
 - This refresher training should last at least one hour.
 - It should cover updates to fall protection and rescue requirements.

Competent Rescuer

- Training must be provided by a Competent Rescue trainer.
- Competent Rescuers need to have practical knowledge, gained through experience and training, of current fall protection and planned rescue standards, equipment, and systems.
- The training content must include:

- The safe use of all rescue equipment and systems (how to inspect, install, ensure components are compatible, control descent, use backup systems, dismantle, store, and manage associated hazards)
- Instruction and practical demonstrations on selecting, inspecting, anchoring, assembling, and using fall protection and rescue equipment
- Competent Rescuers are required to complete refresher training every two years and participate in annual rescue drills to ensure they stay up to date with fall protection and rescue requirements.

Authorized Rescuer

- Training must be conducted by a Competent Rescuer beforehand.
- This training must cover methods of rescue and the equipment being used (self-rescue and assisted rescue).
- Practical demonstrations should be given on fall protection and rescue equipment.
 - These should include how to select, inspect, anchor, assemble, disassemble, store, and use the equipment.
- Authorized Rescuers will be assessed on their ability to inspect rescue equipment and systems before use.
- Authorized Rescuers are obligated to complete refresher training every two years and participate in annual rescue drills to stay up to date with fall protection and rescue requirements.

Note that retraining is needed when:

- Workplace changes make previous training out of date.
- Changes in fall protection systems or equipment make previous training out of date.
- There is an inadequacy in an employee's knowledge or use of fall protection systems/equipment.

Section 6.2 Record-Keeping

The employer is responsible for creating a written certification record of training. This record must include the name or other identifying information of the trained employee, the date(s) of the training, and the signature of the individual who conducted the training (or the employer). In cases where the employer relies on training previously conducted by another employer, the certification record should specify the date on which the employer determined that the prior training was sufficient, rather than the date of the actual training. The most recent training certification should be maintained.



Employers are also required to store all Fall Hazard Assessment Forms ([Appendix A](#)), Fall Protection Rescue Forms ([Appendix B](#)), and Fall Protection Equipment Inspection Forms. These records must be made readily available for review by the Environment, Health, and Safety department on a periodic basis.