



**Lighthouse Safety, LLC**

*Specialists in  
Fall Protection, Rescue  
and Confined Spaces*

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3620 North 126th Street  
Brookfield, WI 53005

## LIGHTHOUSE SAFETY TRAINING 2018

**NOTICE: OSHA & ANSI Z359.2-2007** requires that all companies provide **COMPETENT PERSONS** to supervise authorized persons who are exposed to fall hazards. **LIGHTHOUSE SAFETY, LLC** is offering this course during 2016 at our Brookfield, Wisconsin location:

**8HR COMPETENT PERSON: \$395.00**

**16HR COMPETENT PERSON: \$895.00**

**Training Dates:**

**December 5th and 6th -2017**

**February 20th and 21st - 2018**

**April 24th and 25th - 2018**

**September 18th and 19th - 2018**

**December 4th and 5th - 2018**

**\*\*ALL COURSES NOW APPROVED FOR EQUAL NUMBER OF CONTINUING EDUCATION CREDITS (CEU) IN WISCONSIN!**

**\*\* MEET THE TRAINER:**

**JOHN CORRIVEAU**



John has over 35 years experience in the Safety Industry and has owned **Lighthouse Safety, LLC** since 1993. John has spent more than 20 years specializing specifically in the areas of Fall Protection, Confined Space and Rescue. He has traveled the world as a contract trainer for OSHA & the United States Air Force and has been an active voting member of the ANSI Z359 committee since 2006. John is a renowned speaker and trainer, and has helped design some of the most sophisticated Fall Protection safety systems in use today. John's extensive product knowledge combined with his broad range of experiences, and relationships with the top manufacturers of Fall Protection equipment, enables him to share a wide spectrum of practice and theory in today's environment.

*Offering Customized and Standard Fall Protection,  
Confined Space and Rescue Classes On-Site or In-House.*

Hazard Assessment  
Engineering  
Equipment  
Design

System Installation  
Training (*Site Specific*)  
Post Fall Rescue  
Turnkey Operations



## **Lighthouse Safety, LLC**

### **WHO SHOULD TAKE THESE CLASSES?**

This class is for anyone working at heights, and their safety managers &/or supervisors who will be responsible for the company's Fall Protection program and work guidelines. All job sites should have at least one Competent Person present at all times.

### **WHAT IS A COMPETENT PERSON?**

A "Competent Person" is one who is capable of identifying current and potential workplace hazards, or conditions, which are hazardous or dangerous to employees. A competent person also has the authorization to take prompt corrective measures to eliminate those conditions or hazards.

For your reference:

- 1910.66 App C, Powered Platforms, Manlifts, and Vehicle-Mounted Work Platforms, Personal Fall Arrest System (Section I-Mandatory; Sections II and III Non-Mandatory)
- 1926.500, Fall Protection, scope, application, and definitions applicable to this subpart
- 1926.502, Fall Protection systems criteria and practices
- 1926 Subpart M App C, Personal Fall Arrest Systems; Non-Mandatory Guidelines for Complying with 1926.502(k)
- 1926.503, Fall Protection, Training Requirements

Our training facility is located at:

3620 N. 126<sup>th</sup> St.  
Brookfield, WI  
53005

Hotel Accommodations:

Crowne Plaza Milwaukee West  
10499 Innovation Drive  
Wauwatosa, WI 53226  
414.475.9500  
[www.crowneplaza.com/hotels/us/en/wauwatosa](http://www.crowneplaza.com/hotels/us/en/wauwatosa)

\*Special Rate available; mention  
Lighthouse Safety at time of booking

Please feel free to call, email or fax us with any questions



**Lighthouse Safety, LLC**

## **FALL PROTECTION COURSE OUTLINE 8 - HOUR COMPETENT PERSON, SECTION I & II 2018**

### **SECTION I:**

#### **SUBPART M: INTRODUCTION TO FALL PROTECTION**

- Basic fall protection definitions & applications
- Causes of falls
- Falls & fall hazards in construction
- Fall protection requirements per Subpart M

#### **BODY HOLDING DEVICES**

- Pros & Cons of body belts vs. full body harnesses
- Requirements & dynamics of fall arrest forces
- Material types & construction features
- Proper device applications during fall arrest, work positioning & fall restraint

#### **FULL BODY HARNESS FITTING & SUSPENSION DEMO**

- Harness shake-out technique
- Proper fitting of a harness
- Buddy-check system
- Volunteer suspension in full body harness

#### **ANCHOR POINTS**

- Arrest forces created during a fall
- Anchor strength regulations & requirements
- Engineered vs. improvised anchor points
- Anchorage connectors

#### **CONNECTING MEANS**

- Lanyard types & functions
- Proper snap hook use & limitations
- Carabiners, compatible components & rollout
- Differences between snap hooks & carabiners
- Positioning devices & their proper applications

### **SECTION II:**

#### **VERTICAL LIFELINE SYSTEMS**

- Retractable lifelines: types, specifications & hazards
- Vertical lifelines: types, specifications & hazards
- Ladder climbing devices: types, specifications & hazards

#### **HORIZONTAL LIFELINE SYSTEM**

- Design, usage & installation of Horizontal lifelines
- Proper applications for horizontal lifelines
- Temporary vs. permanent systems
- Importance of proper design & Engineered systems

#### **PERSONAL FALL ARREST EQUIPMENT**

- Proper care of fall protection equipment
- Proper inspection & storage of equipment
- Equipment maintenance requirements
- Record-keeping requirements & methods

#### **COURSE COMPLETION & POST-TEST**

- Post-test
- Discussion of test answers
- Course wrap-up
- Course evaluation



# FALL PROTECTION COURSE OUTLINE 16-HOUR COMPETENT PERSON, 2018

## **SECTION I- COURSE INTRODUCTION & PRETEST**

Introductions (*Course, Instructor & Students*) Review course protocol and surroundings Review course objectives Preliminary review of course materials Administer Pretest

## **SUBPART M: AN INTRODUCTION TO FALL PROTECTION**

Basic definitions & applications  
Discuss causes of Falls  
Falls & Fall hazards in Construction  
Fall Protection requirements per  
Subpart M

## **METHODS OF FALL PROTECTION**

Three conventional Fall Protection methods  
Guardrail System requirements per  
1926.502(b) Safety Net System  
requirements per 1926.502(c) Three basic  
components of a Fall Arrest System

## **FALL PROTECTION & WARNING LINES**

Warning Line Systems  
Controlled Access Zones & the  
Worksite Safety Monitor Systems  
Minimizing Fall Hazards:  
"Greater Hazard or Infeasibility"

## **SECTION II- BODY HOLDING DEVICES**

Pros & Cons Of Body Belts vs.  
Full Body Harnesses  
Requirements & Dynamics of Fall Arrest  
Forces Material Types & Construction  
Features Proper device applications  
during Fall Arrest, Work Positioning & Fall  
Restraint

## **FULL BODY HARNESS FITTING & SUSPENSION DEMO**

Harness Shake-Out technique  
Proper fitting of a Harness  
Buddy-Check system  
Volunteer Suspension in Full Body  
Harness

## **ANCHOR POINTS**

Arrest Forces created during a Fall  
Anchor Strength regulations &  
requirements Engineered vs.  
improvised Anchor Points Anchorage  
Connectors

## **CONNECTING MEANS**

Lanyard types & functions  
Proper snap hook use & limitations  
Carabiners, compatible components &  
Rollout Differences between Snap Hooks  
& Carabiners Positioning Devices & their  
proper Applications



## 16 HR FALL PROTECTION COURSE OUTLINE CONT....

### **SECTION III-**

#### **VERTICAL LIFELINE SYSTEMS**

Retractable Lifelines: Types, Specs & Hazards  
Vertical Lifelines: Types, Specs & Hazards Ladder  
Climbing Devices: Types, Specs & Hazards

#### **HORIZONTAL LIFELINE SYSTEMS**

Design, Useage & Installation of Horizontal Lifelines  
Proper Applications for Horizontal Lifelines  
Temporary vs. Permanent Systems  
Importance of proper Design & Engineering

#### **PERSONAL FALL ARREST EQUIPMENT**

Proper care of Fall Protection Equipment  
Proper Inspection & Storage of Equipment  
Equipment Maintenance Requirements  
Record-Keeping Requirements & Methods

#### **PERSONAL FALL ARREST EQUIPMENT & INSPECTION DEMO**

Identify different types of Equipment Damage  
Review the Inspection Process  
Complete Equipment Inspections  
Review Inspection Results

### **SECTION V-**

#### **VERTICAL LIFELINE SYSTEM DEMO**

Fundamentals of Vertical Lifeline Installation  
Pros/Cons of Vertical Lifelines/Retractable Lifelines  
Hazards of both Systems  
Proper Useage of Vertical Lifeline Demo

#### **RESCUE INTRODUCTION DEMO**

Fundamentals of a basic Rescue  
Tools available for Workplace High Angle Retrieval  
Basic Technique for Retrieval & Evacuation

### **SECTION IV-**

#### **FALL PROTECTION FOR STEEL ERECTION & PRE-CAST CONCRETE**

Hoisting & Rigging Methods  
Connecting & Bolting steel members  
Crane Useage & Safety  
Fall Protection for Leading Edge Work

#### **FALL PROTECTION FOR CONSTRUCTION & SCAFFOLD ERECTORS**

Fall Accident & Stats for Residential Construction  
OSHA requirements for Residential Construction  
Fall Protection for Scaffold Erection, Use & Dismantle and Scaffolding Options

#### **HORIZONTAL LIFELINE (HLL) DEMO**

Installation of a Temporary HLL System  
Discuss Anchor strengths & Clearance for System Demonstrate Proper System Use  
Evaluate System Proper Design, Installation & Use

#### **PERSONAL FALL ARREST ANALYSIS & PROBLEM SOLVING DEMO**

Fall Protection Hazard Analysis & Fall Restraint or Fall Arrest Solutions Rules for creating Improvised Anchor Points Rules for Connector selection in various scenarios  
Student Analysis of Anchor Points, Connectors and systems

#### **RESCUE ANALYSIS & PROBLEM SOLVING**

Fall Hazard Case Study  
Discuss Fall Protection Solutions  
Student Analysis

#### **COURSE COMPLETION & POST TEST**

Post-Test  
Discussion of Test Answers  
Course Wrap Up & Evaluation



**Lighthouse Safety, LLC**

## TRAINING SIGN-UP 2018

**Please check all that apply:**

All rates listed below are per  
person **Training**

\_\_\_ **8 Hr Competent Person**      \_\_\_ In-House    \$395.00 \$ \_\_\_

\_\_\_ **16 Hr Competent Person**      \_\_\_ In House    \$895.00 \$ \_\_\_

Minimum class size= 10 participants

**Preferred Dates:** \_\_\_\_\_

**Company Name:** \_\_\_\_\_

**Participant Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_\_) \_\_\_\_\_

**Note:** Payment may be made by Mastercard, Visa, American Express or Company check. Registration is not complete until payment and registration are received by Lighthouse Safety, LLC. Full payment is required two weeks prior to course date. Confirmation of your registration will be returned via same method of receipt (mail, fax or e-mail). Lighthouse Safety, LLC will not be held liable for any damages or injury rising out of participation during a Fall Protection course. We reserve the right to cancel classes if minimum enrollment is not met. A full refund will be granted in the event of course cancellation by Lighthouse Safety, LLC. A full refund will be made if your company needs to cancel training more than three weeks prior to the scheduled date. 50% will be refunded for two-three weeks prior and there will be no refund for training cancelled by your company with less than two weeks notice. We reserve the right to cancel and/or revise class dates/times and refuse enrollment. Snacks and beverages are provided for all in-house training, as is lunch for full day courses. Special room rates available at The Brookfield Suites for in-house training.

**Purchase Order #:** \_\_\_\_\_ **Signature:** \_\_\_\_\_



# Lighthouse Safety, LLC

## PRE-COURSE SAFETY SURVEY 2018

Please indicate which of the following areas of interest are of most importance to you by placing a check next to each category. A selection of "Low" indicates a low interest in a given area.

<b>Low</b>	<b>Medium</b>	<b>High</b>	
_____	_____	_____	Vertical Ladders
_____	_____	_____	Confined Entry Fall Protection & Retrieval
_____	_____	_____	Powered Platform Lifts
_____	_____	_____	Bucket Lifts/Bucket Trucks
_____	_____	_____	Tree Trimming
_____	_____	_____	Pole Climbing
_____	_____	_____	Roof Work
_____	_____	_____	Raising & Lowering People
_____	_____	_____	Horizontal Cable Systems
_____	_____	_____	Hazard Analysis
_____	_____	_____	Written Programs
_____	_____	_____	Bridge Work
_____	_____	_____	Skylight Installation/Maintenance
_____	_____	_____	Window Installation/Maintenance
_____	_____	_____	Principles of Fall Protection
_____	_____	_____	Learn from Study of Case Histories
_____	_____	_____	Fall Protection Planning & Programming



# Lighthouse Safety, LLC

## PRE-COURSE SAFETY SURVEY CONTINUED...

**Low**

**Medium**

**High**

_____	_____	_____ Ergonomics & Fall Protection Equipment
_____	_____	_____ Fall Protection Regulation, Citation & Compliance
_____	_____	_____ Fall Protection Policy at Corporation/Plant
_____	_____	_____ Mathematics of Fall Stopping Distance
_____	_____	_____ Training the Trainer
_____	_____	_____ Access to Fall Protection to Heights in General
_____	_____	_____ Fall Protection for Transmission Towers (in Design & Under Construction)
_____	_____	_____ Fall Protection for Transmission Tower & Pole Line Maintenance
_____	_____	_____ Piperack Access with Fall Protection
_____	_____	_____ Scaffold Erection with Fall Protection
_____	_____	_____ Steel Erection Connecting, Bolt-Up, Decking

Other(s): \_\_\_\_\_

What is the most important thing you want out of this course?

\_\_\_\_\_

\_\_\_\_\_

Any additional comments, questions or needs?

\_\_\_\_\_

\_\_\_\_\_

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_