



Lighthouse Safety, LLC

*Specialists in
Fall Protection, Rescue
and Confined Spaces*

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Brookfield, WI 53005

LIGHTHOUSE SAFETY TRAINING 2019

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 2019 at our Brookfield, Wisconsin location:

8HR COMPETENT PERSON \$395.00

16HR COMPETENT PERSON: \$895.00

2019 Schedule

March 5th and 6th

June 18th and 19th

September 17th and 18th

December 3rd and 4th

Maximum Class size limited to 18

Classes start at 8:00 AM and end at 4:30 PM

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

**** MEET THE TRAINER:**

JOHN CORRIVEAU



John has over 40 years experience in the Safety Industry and has owned **Lighthouse Safety, LLC** since 1993. John has spent more than 25 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. 126th St.
Brookfield, WI
53005

Hotel Accommodations:

Homewood Suites by Hilton-Wauwatosa
11320 West Burleigh Street
Wauwatosa, WI 53222
Phone: 414-444-2844
www.homewoodsuites3.hilton.com

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

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



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FALL PROTECTION COURSE OUTLINE 8 - HOUR COMPETENT PERSON, SECTION I & II 2019

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, 2019

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



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TRAINING SIGN-UP 2019

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: (____) _____

E-mail _____

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 2019

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.

Low	Medium	High	
_____	_____	_____	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



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: _____