



Fall Prevention

**Every day, 80 people are injured from falls at work.
On average, each injury results in 4 weeks of lost time.***

* Source: WSIB 2000

80 people are injured every day in a fall at work, that's **one every 20 minutes**.

Same-level slips and falls account for 65% of all fall injuries.

Falls from heights account for 34% of all fall injuries.

These falls are preventable. This course will provide the necessary theoretical knowledge of proper fall prevention.

Participants will:

- Know the legal requirements under the following legislation
- Understand the principles of basic hazards and controls of fall prevention
 - Ladders
 - Scaffolds
 - Powered elevation work platforms
 - Protective covers
 - Warning barriers and bump lines
 - Guardrails
- Understand travel-restraint systems
 - Fall-restriction & safety net systems
 - Fall-arrest components
 - Bottoming out
 - Pendulum effect
 - Emergency rescue



Method of Instruction: Interactive presentations, group discussions and videos.

Who Should Attend: Employees who are at risk of falling.

Course Length: 3 hours

“Your First Move towards a Better Health and Safety Program”

9