

COURSE SYLLABUS

Fall Prevention in Residential Construction Training

Fall Hazard Awareness, Prevention, Solutions and Rescue

Course Description

The National Association of Home Builders (NAHB) (nahb.org) and the Job-Site Safety Institute (JSI) (jssafety.org) has developed a 4-hour seminar for builders, trade contractors, supervisors and workers. This training program was funded under a grant from the Federal Occupational Safety and Health Administration (OSHA). This training program focuses on identifying fall hazards in residential construction, as well as, providing student attendees an understanding of the OSHA fall protection regulations and safe work practices to prevent fall-related injuries and deaths.

Course Topics

The residential construction fall-protection training program will cover the following high-risk residential construction activities:

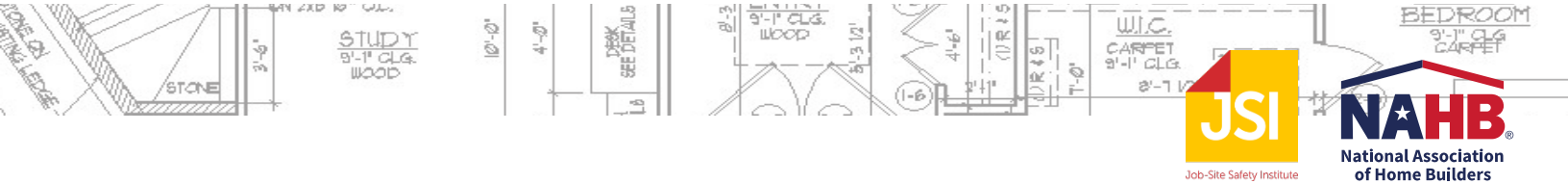
- Conventional Fall Protection Systems (i.e., Personal Fall Arrest System (PFAS), Guardrails & Safety Nets)
 - Training will cover the types of systems available, their uses and limitations, maintenance and storage requirements, training required to use these systems, how to inspect and use the equipment, proper erection and dismantling and practical demonstration on donning and doffing a PFAS.
- Falls from leading edges, including roofs, floor, window and wall openings.
- Stairways and Ladders
 - Selection, use and limitations of ladders.
 - Proper placement, securement and requirements to safely use ladders.
 - Requirements for stair handrails and guardrails.
- Guarding against impalement hazards.
- Competent and qualified person duties.
- Common fall hazards, causes of falls and roundtable discussion on how falls can be avoided.
- Protection against falling object hazards.
- Floor hole cover requirements.
- Scaffolds
 - Safe erection and dismantling requirements.
 - Fall protection and personal protective equipment (PPE) requirements when working off of a scaffold.
 - Proper scaffold access and egress.
 - Inspection requirements.
 - Proper use of different types of scaffolding most commonly used on residential construction job- sites (i.e., pump jack, ladder jack, fabricated frame, sawhorse, mobile, trestle, top-plate, etc.)
 - Safe use of aerial lifts.
- Fall Rescue Procedures
 - Discuss how to develop a fall rescue plan to provide for prompt rescue of employees.

Student Learning Outcomes

Participants in the training course, will be able to:

- Recognize common fall hazards in residential construction.
- Identify when fall protection is required.
- Determine which protection system to use for a given fall hazard.
- Understand the key requirements and basic safety practices for each protection system.
- Understand the safety requirements and practices for ladders and scaffolding.





Qualified Instructors

NAHB delivers nationally recognized educational programs and offers dozens of educational courses and seminars especially tailored to the needs of building professionals, primarily adult learners. The course instructors have experience and extensive knowledge with the targeted topic: fall prevention in residential construction. The instructors have, on average, at least 15 years' experience in residential construction safety training and are typically OSHA authorized outreach trainers.

Schedule

The Fall Prevention in Residential Construction seminar is scheduled to be a 4 ½ hour classroom course (4 hours of instruction and a 15-minute break and 15 minutes for testing and evaluation). We suggest the seminar be scheduled from either 8:00 AM to 12:30 PM or 1:00 PM to 5:30 PM. The course agenda is as follows:

- Section 1: Introduction / Overview of Fall Protection - 30 minutes
- Section 2: Ladders - 30 minutes
- Section 3: Scaffolding - 45 minutes
- Break - 15 minutes
- Section 4: Conventional Fall Protection - 60 minutes
- Section 5: Additional Fall Protection Systems - 60 minutes
- Section 6: Rescue - 15 minutes
- Testing and Evaluation - 15 minutes

Testing and Evaluation

A written test is administered at the end of each course to assess participant learning. This evaluation component ensures that knowledge, skills and/or attitudes were acceptably transmitted and that students possess the necessary ability to safely perform the tasks taught. In addition, input from this test is used to make any course modifications, as necessary. Finally, the training course and all instructor performance is evaluated to ensure the quality and validity of training provided. The evaluations are conducted where each student is required to complete a training session written evaluation assessment of the course immediately following the training.

Contact Information

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