



INSTRUCTORS GUIDE

Fall Prevention in Residential Construction Training

Fall Hazard Awareness, Prevention, Solutions and Rescue

Background on OSHA Seminars

The National Association of Home Builders (NAHB) and the Job-Site Safety Institute (JSI) has developed a 4-hour seminar for builders, trade contractors, supervisors and workers and is offered at no-cost to NAHB-affiliated Home Builder Associations—HBAs (i.e., HOSTs). 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. Participants in the training, 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.

The Fall Protection Training will be conducted in English, however training conducted in Spanish language is available upon request from the HOST.

General Guidelines

Please make sure to pre-plan your training sessions at least 3 weeks in advance. All seminars will be scheduled and assigned to instructors by the NAHB staff and must be delivered on the date and at the location assigned. **Contact an NAHB staff member (listed below) for the current list of seminar locations, dates, and instructor assignments. It will be the responsibility of the instructors to contact the local HOSTs to confirm location, time, room number, and any needed directions.** Also make sure proper equipment such as projector, laptop computer, and Microsoft PowerPoint software, etc. is available or be prepared to bring your own.

Ensure that you have all of the training materials required for the course (in the language being conducted), and enough copies for all participants. The PowerPoint presentation will not be printed for each participant; however it will be made available online at www.osha.gov and <https://www.nahb.org/en/learn/course-overviews/fall-prevention-in-residential-construction.aspx>. Ensure that you have:

- Microsoft PowerPoint presentation “Fall Prevention in Residential Construction Training— Fall Hazard Awareness, Prevention, Solutions and Rescue”
- Resource Guide
- Sign in Sheets
- Post-Tests
- Seminar Evaluations

On the day of training please make sure you arrive at least 30 minutes prior to class beginning to set up the room for a successful session. Make sure you know where to go in case of emergency, and the location of the restroom(s).

The majority of the training presentation will be facilitated by and augmented with the use of the provided Microsoft PowerPoint presentation. The PowerPoint presentation should be used as the primary training tool to present the materials to participants. This training presentation should encourage interaction between instructors and participants.





The instructor should NOT be lecturing from the slides, but enticing discussions and facilitating the included hands-on exercises. The materials presented on the PowerPoint slides are designed to encourage discussion. **As a part of this Instructors Guide, notes are included in the PowerPoint presentation as reference points for discussion on each of the slides.**

All seminar materials will be coordinated and sent ahead of time to the HOST. The HOST will be responsible for the receipt of all seminar materials sent and to deliver them to the training facility the day of the seminar. There will be a minimum of one complete set of materials per participant registered. The instructors must ensure that all student participants have a copy of the training materials (i.e., Resource Guide, Pre/Post-Test, and Seminar Evaluation) before the seminar begins.

Target Audience

Three distinct at-risk worker populations in the residential construction industry: small businesses, new workers/businesses and non-English speaking/limited English proficiency and low literacy workers. NAHB requires that HOSTs GUARANTEE a minimum of 20 participants attend the training seminar. In order to provide an effective and engaging training session we recommend that no more than 45 individuals attend any one training seminar. Training courses may be conducted in two sessions if the number of registrants exceeds 45 individuals, and hosts must inform NAHB if pre-registration numbers indicate there may be a need for a second training seminar.

Seminar 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: Scaffolds - 45 minutes
- Section 4: Conventional Fall Protection - 60 minutes
- Section 5: Additional Fall Protection Systems- 60 minutes
- Section 6: Rescue - 15 minutes

Registration and Location

On the day of the seminar, the HOST will be responsible for, and provide a staff person to, handle the on-site registration and coordination of the seminar. The HOST will also be responsible for preparing the meeting room and set-up. The HOSTs have been instructed that the preferred meeting room set-up is classroom style with a head table in the front of the room. This set-up allows for note-taking and interaction and allows all participants to see the presentation clearly.

Conclusion

At the conclusion of the training seminar, the instructors are responsible for providing the following to NAHB either electronically or in hard-copy:

- Sign in Sheet(s)
- Post-Tests
- Seminar Evaluations

Contact Information

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This material was produced under grant number SH-31198-SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. Revisions were made to this material under grant number SH-05122-SH9 from the Occupational Safety and Health Administration, U.S. Department of Labor.

Version 2019

