

Fall Protection & Elevated Work Safety

24-Hour EM385 Fall Protection Competent Person and Rescue Training

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In-Person Training

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Days and Times Scheduled Based On Your Needs

This intensive 3-day (24-Hour) training program gives employees, supervisors, and safety professionals an interactive workshop and hands-on training experience based on preventing and protecting against workplace falls and performing basic self and assisted rescue operations. It is specifically designed to meet the rigorous standards of the US Army Corps of Engineers (USACE) EM 385-1-1 and Department of Defense (DOD) contracts. The training involves classroom time, demonstrations, practical exercises, hands-on activities, and real-life scenarios on how to properly select, inspect, install, assemble, understand, use, and wear personal fall protection and rescue equipment.

The training thoroughly covers USACE EM 385-1-1 Section 21, Cal/OSHA, Fed/OSHA Fall protection Standard 29CFR1926.500 Subpart M, & ANSI Z359 Fall Protection Code. Upon successful completion of this comprehensive 3-day course with written exams and skills evaluation, participants receive a certificate of completion and could potentially be authorized and designated by their employer as a Competent Person in Fall Protection. This advanced level of training is an important part of keeping your company compliant with strict military and federal government project regulations and providing your key people with the information and resources they need to eliminate or control fall hazards and learn valuable self and assisted rescue techniques.

Training Topics Include:

- Navigating USACE EM 385-1-1, OSHA, and ANSI Fall Protection Requirements
- Site-Specific Fall Protection and Rescue Plan Development
 - Risk Assessment, Job Hazard Analysis, Pre-Task Plan, and Pre-Construction Meeting
 - Conducting Effective Fall Protection Tailgate/Toolbox Talks in Real-Time
 - Definition and Difference Between Competent and Qualified Person
 - Active versus Passive Fall Protection Equipment and Systems
 - Industry Terms and Definitions in Fall Protection

- Estimating Free Fall Distances and Total Required Clearance
- User and Competent Person Inspection Requirements
- Dismantling, Maintenance, and Equipment Storage
- Installation of Fall Protection Systems and Component Compatibility
 - Selection and Use of Appropriate Anchors, Body Harnesses, and Connectors
 - Reasonable Determination of Non-Engineered or Rated and Tested Anchor Points
- Proper Inspection, Sizing, Adjusting, and Suspension Wearing a Full-Body Harness
- Common Hazards Associated with various Systems and Components
- Hands-On Self-Rescue and Assisted Rescue Techniques
- Suspension Trauma, Time-Critical Rescue, and Post-Fall Protocols

In-Person Training Location Based On Your Needs

Includes 2 Days of Classroom Instruction and 1 Day of Hands-On Practical Learning and Rescue Techniques with Fall Protection Equipment.

Presented by

SAFE - Safety Associates for Employers, LLC

Call: 775-843-8318, Email: Larry@safety4employers.com

Website: <https://safety4employers.com/>

8-Hour Fall Protection Competency Refresher

8-Hour Fall Protection Competency Refresher

In-Person Competency Training

1-Day Fall Protection Refresher Training

Days and Times Scheduled Based On Your Needs

This 1-Day (8-Hour) training program gives employees an opportunity to have an interactive workshop based on preventing and protecting against workplace falls and is consistent with Cal/OSHA and Fed/OSHA Fall protection Standard 29CFR1926.500 Subpart M & ANSI Z359 Fall Protection Code, and exceeds EM385-1-1 Competent Person Refresher requirements. The

training involves classroom time, demonstrations, practical exercises, hands-on activities and demonstrations, and real-life scenarios on how to properly select, inspect, install, assemble, understand, use, wear, and proper rescue techniques involved with fall protection equipment.

Upon successful completion of this 1-day refresher and written exam, participants receive a certificate of completion and can be authorized by their employer and designated as a Competent Person in Fall Protection as defined by EM385-1-1 and/or OSHA 29CFR1926.500 Subpart M. This training is intended for experienced workers using fall protection equipment and systems, supervisors, leads, managers, and foremen capable of identifying existing and potential/predictable hazards, and authorized to take prompt corrective actions. This training is an important part of keeping your company compliant with current EM385 and OSHA regulations by providing your key people with the information and resources they need.

Training Topics Include:

- Site-Specific Fall Protection and Rescue Plan
- Inspections, Removal, Simulations, and Systems
- Dismantling, Maintenance, and Equipment Storage
- Estimating Free Fall Distances and Total Required Clearance
- Common Hazards Associated with each System and Component
- Installation of Fall Protection Systems and Component Compatibility
- Proper Inspection, Sizing, Adjusting, and Suspension Wearing a Full-Body Harness
- Identifying Existing and Potential/Predictable Hazards
 - Practicing Self-Rescue and Assisted-Rescue Techniques

In-Person Training Location Based On Your Needs

1/2-Day Classroom and 1/2-Day Hands-On Training with Fall Protection Equipment.

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Scaffold User Training

Scaffold User Training

In-Person Training

Scaffold Hazard Awareness for Users

Days and Times Scheduled Based On Your Needs

This 1/2-day training program is designed specifically for employees who perform their daily tasks while on supported or suspended scaffolding. While these workers are not responsible for erecting or dismantling the scaffold, they are exposed to severe hazards including falls, structural instability, and falling objects. OSHA explicitly requires all employees who work on a scaffold to be trained by a qualified person to recognize the hazards associated with the type of scaffold being used.

The training addresses EM385-1-1, Fed/OSHA 29 CFR 1926.454 (Subpart L) and applicable Cal/OSHA Title 8 requirements for scaffold users. This foundational training is an important part of keeping your company compliant with mandatory OSHA training requirements and providing your employees with the straightforward information and resources they need to work safely at elevated heights.

Training Topics Include:

- Recognizing Electrical, Fall, and Falling Object Hazards
- Understanding Scaffold Tags (Green, Yellow, Red)
- Proper Boarding, Access, and Exiting Strategies (Ladders/Stairwells)
- Maximum Intended Load and Load-Carrying Capacities
- Proper Use of Guardrails, Mid-rails, and Toeboards
- Personal Fall Arrest System (PFAS) Requirements on Scaffolds
- Prohibited Behaviors (e.g., Using ladders/boxes on scaffolds to increase height)
- Material Handling, Housekeeping and Debris Management on Scaffolds
- Reporting Structural Defects and Unsafe Conditions to the Competent Person

In-Person Training Location or Virtual Zoom Training Based On Your Needs

Includes a Practical Walk-Through and Inspection of Existing On-Site Scaffolding.

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Scaffold Competency Specific Types Refresher

Scaffold Competency Specific Types Refresher

In-Person Training

1-Day Scaffold Competent Person Refresher

Days and Times Scheduled Based On Your Needs

This 1-day course is geared toward experienced tradespeople, foremen, and site supervisors who are tasked with overseeing the erection, alteration, or dismantling of specific types of scaffolding (such as Baker/Perry, Frame, Rolling, System, Tube & Coupler, or Welded Frame Scaffolds). EM385 and OSHA require that scaffolds be erected, moved, dismantled, or altered only under the supervision and direction of a Competent capable of identifying existing and predictable hazards and authorized to take prompt corrective actions, or a Qualified Person with a recognized degree, technical training, and years of experience solving scaffold deficiencies, issues and/or problems.

The training extensively covers EM385, Fed/OSHA 29 CFR 1926 Subpart L (Scaffolds) and Cal/OSHA Title 8 standard requirements for specific scaffold systems, focusing heavily on hazard identification, structural stability, capacity calculations, and pre-shift inspections. This refresher training is an important part of keeping your company compliant with the strict rules governing false-work and temporary elevated structures and providing your key people with the information and resources they need in their Competent Person role.

Training Topics Include:

- EM385, Cal/OSHA & Fed/OSHA Subpart L General Requirements and Definitions
- Responsibilities and Authority of the Scaffold Competent and Qualified Person

- Conducting Documented Pre-Shift Inspections and Tagging Systems
- Proper Foundation Assessment, Mudsills, and Base Plates
- Planking Requirements, Overlaps, and Deflection Limits
- Guying, Tying, and Bracing Systems to Structures
- Fall Protection Requirements for Scaffold Erectors and Dismantlers
- Evaluating Structural Stability During Alterations
- Determining Capacity and Assessing Wind/Weather Hazards

In-Person Training Location Based On Your Needs

1/2-Day Classroom and 1/2-Day Hands-On Field Training Inspecting and Evaluating Specific Scaffold Types at Your Jobsite.

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Scaffold Competency All Types for NAVFAC/USACE

Scaffold Competency All Types for NAVFAC/USACE

In-Person Training

Comprehensive EM385-1-1 USACE Scaffold Competency

Days and Times Scheduled Based On Your Needs

This multi-day intensive program is specifically developed for contractors, supervisors, and EHS professionals working on Naval Facilities Engineering Systems Command (NAVFAC), Department of Defense (DOD), and U.S. Army Corps of Engineers (USACE) installations. Scaffolding on federal sites is heavily scrutinized, and Competent Persons must meet the rigorous multi-type training criteria dictated by federal safety manuals, spanning Supported, Suspended, Mobile, and Specialized scaffolds.

This comprehensive course strictly adheres to the EM 385-1-1 Section 22 guidelines alongside Fed/OSHA 29 CFR 1926 Subpart L. The training goes beyond standard compliance, focusing heavily on engineering thresholds, load calculations, and administrative documentation. This training is an important part of keeping your company fully qualified for federal contracts, preventing costly project stand-downs, and providing your key people with the elite information and resources they need to manage complex, multi-type scaffold systems.

Training Topics Include:

- Navigating EM 385-1-1 Section 22 and Fed/OSHA Subpart L Differences
- Competent & Qualified Person Requirements on USACE and NAVFAC Projects
- Drafting Activity Hazard Analyses (AHA) for Scaffold Operations
- Heavy-Duty, Medium-Duty, and Light-Duty Load Calculations
- Design Thresholds and When a Qualified Engineer is Required
- Structural Requirements for Frame, System, Tube & Coupler, and Mobile Scaffolds
- Requirements for Two-Point and Multi-Point Suspended Scaffolds
- Fall Protection and Lifeline Independence for Suspended Systems
- Strict Federal Scaffold Inspection and Tagging Protocols

In-Person Training Location Based On Your Needs

Includes Extensive Classroom Instruction Paired with Hands-On Field Evaluations and AHA Development Exercises.

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