OSHA Fall Protection Competent Person Training Requirements : Checklist

For workers at height, competent persons and safety managers. Adapt every item to your site, equipment and written procedures.

Checklist

- ■ Hazard covered: swing falls and wrong anchor placement
- ■ Hazard covered: anchors that cannot hold the required load
- ■ Hazard covered: damaged harnesses, lanyards and connectors
- ■ Decision practiced: calculate fall clearance
- ■ Decision practiced: inspect harness, lanyard and connectors
- ■ Decision practiced: identify every fall hazard on the task route
- ■ Decision practiced: trigger the rescue plan after a fall
- ■ Hands-on part done: donning and adjusting the real harness
- ■ Hands-on part done: inspection of the actual equipment
- ■ Hands-on part done: a site-specific rescue drill
- ■ Review question: was clearance checked?
- ■ Review question: were equipment defects detected?
- ■ Review question: were all edges and openings found?

Stays hands-on and in person

- • donning and adjusting the real harness
- • inspection of the actual equipment
- • a site-specific rescue drill

Related regulation: 29 CFR 1910.30(a). Training scope only; check applicability for your workplace.

This checklist supports, and does not replace, required training, supervision or evaluation. It does not certify anyone.