This document may be used to cross-reference information in Alberta's OH&S Code Part 9: Fall Protection and the previous OSSA Matrix with ABCS's Fall Protection Courses including 2020 Alberta Edition Classroom and Blended (eLearning Theory/Classroom Practical Prosper Proctored) versions.

COURSE CONTENT MATRIX
This Matrix may be used to match ABCS's Fall Protection Courses to Part 9 (Fall Protection) of the Alberta OH&S Code

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
139(1): An employer and a supervisor, or a self-employed person, must ensure that a worker is protected from falling if a worker may fall, (a) at a temporary or permanent work area, a vertical distance of 3 metres or more,	Section 1.5.2 (d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6
(b) at a temporary or permanent work area, a vertical distance of less than 3 metres if there is an unusual possibility of injury,	Section 1.5.2 (d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6
(c) at a temporary or permanent work area, into or onto a hazardous substance or object, or through an opening in a work surface, or	Section 1.5.2 (d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6
(d) at a permanent work area, a vertical distance of more than 1.2 metres and less than 3 metres.	Section 1.5.2 (d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6
139(2) For the purposes of this section, there is an unusual possibility of injury if the injury may be worse than an injury from landing on a solid, flat surface.	Section 1.5.2 (d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6
139(3) Subject to subsection (5), an employer or a self-employed person must install a guardrail.	Section 3.1.1: Guardrails Section 5.4: Controlling Hazards – Hierarchy of Control	Chapter 3, Slide 4 Chapter 5, Slide 4	Chapter 3, Video 2 Chapter 5, Video 4
139(4) Repealed AR 56/2018 s12.	N/A	N/A	N/A
139(5) Subject to subsection (6), if the use of a guardrail is not reasonably practicable, an employer and a supervisor, or a self-employed person, must ensure that a worker uses a travel restraint system that meets the requirements of this Part.	Section 5.4: Controlling Hazards – Hierarchy of Control	Chapter 5, Slide 4	Chapter 5, Video 4
139(6) Subject to subsection (7), if the use of a travel restraint system is not reasonably practicable, an employer and a supervisor, or a self-employed person, must ensure that a worker uses a personal fall arrest system that meets the requirements of this Part.	Section 5.4: Controlling Hazards – Hierarchy of Control	Chapter 5, Slide 4	Chapter 5, Video 4
139(7) If the use of a personal fall arrest system is not reasonably practicable, an employer and a supervisor, or a self-employed person, must ensure that a worker uses an equally effective fall protection system.	Section 5.4: Controlling Hazards – Hierarchy of Control	Chapter 5, Slide 4	Chapter 5, Video 4
139(8) A worker must use a fall protection system as required by this section.	Section 1.5.2(d): General Fall Protection Related Requirements	Chapter 1, Slide 15	Chapter 1, Video 6

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
140(1) An employer must develop procedures that comply with this Part in a fall protection plan for a work site if a worker at the work site may fall 3 metres or more and the worker is not protected by guardrails.	Section 5.5: Fall Protection Plans	Chapter 5, Slides 4 & 5	Chapter 5, Videos 4 & 5
140(2) A fall protection plan must specify (a) the fall hazards at the work site,	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(b) the fall protection system to be used at the work site,	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(c) the anchors to be used during the work,	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(d) that clearance distances below the work area, if applicable, have been confirmed as sufficient to prevent a worker from striking the ground or an object or level below the work area,	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(e) the procedures used to assemble, maintain, inspect, use and disassemble the fall protection system, where applicable, and	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(f) the rescue procedures to be used if a worker falls and is suspended by a personal fall arrest system or safety net and needs to be rescued.	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
140(3) The employer must ensure that the fall protection plan is available at the work site and is reviewed with workers before work with a risk of falling begins.	Section 5.5: Fall Protection Plans	Chapter 5, Slide 5	Chapter 5, Video 5
140(4) The employer must ensure that the plan is updated when conditions affecting fall protection change.	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
INSTRUCTION OF WORKERS			
141(1) An employer must ensure that a worker is trained in the safe use of the fall protection system before allowing the worker to work in an area where a fall protection system must be used.	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
141(2) The training referred to in subsection (1) must include the following: (a) a review of current Alberta legislation pertaining to fall protection;	Section 1.5: Legislation Overview Section 1.5.1: Obligations Under the Act, Regulations, and Code Section 1.5.2(d): General Fall Protection Related Requirements	Chapter 1, Slide 12, 13, & 15	Chapter 1, Video 3, 4, & 6
(b) an understanding of what a fall protection plan is;	Section 5.5: Fall Protection Plans	Chapter 5, Slide 4	Chapter 5, Video 4
(c) fall protection methods a worker is required to use at a work site;	Section 5.4: Controlling Hazards	Chapter 5, Slide 4	Chapter 5, Video 4
(d) identification of fall hazards;	Section 5.4: Controlling Hazards	Chapter 5, Slide 4	Chapter 5, Video 4
(e) assessment and selection of specific anchors that the worker may use;	Section 5.5: Fall Protection Plans Section 4.2: Arresting Force and Free Fall Section 2.3: Anchors and Anchorages Section 4.3.1 Swing Falls	Chapter 5, Slide 4 Chapter 4, Slide 11 Chapter 2, Slide 19 Chapter 4, Slide 23	Chapter 5, Video 4 Chapter 4, Video 2 Chapter 2, Video 7 Chapter 4, Video 4
(f) instructions for the correct use of connecting hardware;	Section 2.4: Connecting Components	Chapter 2, Slide 28-30	Chapter 2, Video 9-11

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
(g) information about the effect of a fall on the human body, including (i) maximum arresting force,	Section 4.2: Arresting Force and Free Fall	Chapter 4, Slide 11 & 12	Chapter 4, Video 2 & 3
(ii) the purpose of shock and energy absorbers,	Section 2.6.1: Energy Absorbers	Chapter 2, Slide 51	Chapter 2, Video 13
(iii) swing fall,	Section 4.3.1 Swing Falls	Chapter 4, Slide 23	Chapter 4, Video 4
(iv) free fall;	Section 4.2: Arresting Force and Free Fall	Chapter 4, Slide 11	Chapter 4, Video 2
(h) pre-use inspection;	Section 2: Fall Protection System Components	Chapter 2, Slide 1	Chapter 2, Video 1
(i) emergency response procedures to be used at the work site, if necessary; and	Section 5.8.1: Emergency Preparedness and Response	Chapter 5, Slide 8	Chapter 5, Video 8
(j) practice in (i) inspecting, fitting, adjusting and connecting fall protection systems and components, and	Section 6: Fall Protection Practical Exercises	Practical Instructor Led Exercises	Practical Session with Instructor Led Exercises
(ii) emergency response procedures.	Section 6: Fall Protection Practical Exercises	Practical Instructor Led Exercises	Practical Session with Instructor Led Exercises
141(3) In addition to the training described in subsection (2), an employer must ensure that a worker is made aware of the fall hazards particular to that work site and the steps being taken to eliminate or control those hazards.	Section 1.5.2(a): Right to Know Section 5: Fall Protection Planning and Procedures	Chapter 1, Slide 13 Chapter 5, Slide 1	Chapter 1, Video 4 Chapter 5, Video 1
FULL BODY HARNESS			
142(1) An employer must ensure that (a) a full body harness manufactured on or after July 1, 2009 is approved to (a) CSA Standard CAN/CSA Z259.10-06, Full Body Harnesses, …….*[or other standards listed]* and (b) a worker using a personal fall arrest system wears and uses a full body harness. 142(2) A worker using a personal fall arrest system must wear and use a full body harness.	Section 2: Fall Protection System Components Section 2.2.2: Harness Pre-Use Inspection Section 3.3.1: Personal Fall Arrest System Section 2.2: Full Body Harnesses Section 1.5.1: Obligations Under the Act, Regulations, and Code	Chapter 2, Slide 9 Chapter 3, Slide 14 Chapter 2, Slide 7 Chapter 1, Slide 13	Chapter 2, Video 4 Chapter 3, Video 5 Chapter 2, Video 2 Chapter 1, Video 4
BODY BELT			
142.1 An employer must ensure that (a) a body belt manufactured on or after July 1, 2009 is approved to (a) CSA Standard Z259.1-05, Body belts and saddles for work positioning and travel restraint,…….*[or other standards listed]* and (b) a worker uses a body belt only as part of a travel restraint system or as part of a fall restrict system.	Section 2: Fall Protection System Components Section 2.2: Full Body Harnesses	Chapter 2, Slide 7	Chapter 2, Video 2

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
LANYARD			
142.2(1) An employer must ensure that a lanyard manufactured on or after July 1, 2009 is approved to (a) CSA Standard Z259.11-05, Energy absorbers and lanyards,…….*[or other standards listed]* 142.2(2) An employer must ensure that a lanyard used by a worker is made of wire rope or other material appropriate to the hazard if a tool or corrosive agent that could sever, abrade or burn a lanyard is used in the work area. 142.2(3) Despite subsection (2), if a worker works near an energized conductor or in a work area where a lanyard made of conductive material cannot be used safely, the employer must ensure that the worker uses another effective means of fall protection.	Section 2: Fall Protection System Components Section 2.6.3: Lanyard Pre-Use Inspection Section 2.6.2: Lanyards Section 2.6.6: Energy Absorbers, Lanyards, and SRD Cautions	Chapter 2, Slide 54 Chapter 2, Slide 52 Chapter 2, Slide 57	Chapter 2, Video 16 Chapter 2, Video 14 Chapter 2, Video 19
SHOCK ABSORBER			
142.3(1) An employer must ensure that if a shock absorber or shock absorbing lanyard is used as part of a personal fall arrest system, it is approved to one of the following standards if manufactured on or after July 1, 2009: (a) CSA Standard Z259.11-05, Energy absorbers and lanyards;…….*[or other standards listed]* 142.3(2) An employer must ensure that a personal fall arrest system consists of a full body harness and a lanyard equipped with a shock absorber or similar device. 142.3(3) Despite subsection (2), a shock absorber or similar device is not required if the personal fall arrest system is used in accordance with section 151. 142.3(4) Despite subsection (2), a shock absorber is required with a fixed ladder fall arrest system only if it is required by the manufacturer of the system.	Section 2: Fall Protection System Components Section 2.6: Energy Absorbers, Lanyards, and Self-Retracting Devices Section 3.3.1: Personal Fall Arrest System Section 2.6.1: Energy Absorbers Section 3.6: Ladders	Chapter 2, Slide 54 Chapter 3, Slide 14 Chapter 2, Slide 51 Chapter 3, Slide 44	Chapter 2, Video 16 Chapter 3, Video 5 Chapter 2, Video 13 Chapter 3, Video 12
CONNECTORS, CARABINERS AND SNAP HOOKS			
143(1) An employer must ensure that connecting components of a fall arrest system consisting of carabiners, D-rings, O-rings, oval rings, self-locking connectors and snap hooks manufactured on or after July 1, 2009 are approved, as applicable, (a) to CSA Standard Z259.12-01 (R2006), Connecting Components for Personal Fall Arrest Systems (PFAS), …….*[or other standards listed]* 143(2) An employer must ensure that a carabiner or snap hook (a) is self-closing and self-locking, (b) may only be opened by at least two consecutive deliberate manual actions, and (c) is marked with (i) its breaking strength in the major axis, and (ii) the name or trademark of the manufacturer.	Section 2: Fall Protection System Components Section 2.4 Connecting Components	Chapter 2, Slide 1 Chapter 2, Slide 28-29	Chapter 2, Video 1 Chapter 2, Video 9-10

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
FALL ARRESTERS			
144 An employer must ensure that a fall arrestor manufactured on or after July 1, 2009 is approved to (a) CSA Standard Z259.2.1-98 (R2004), Fall Arresters, Vertical Lifelines, and Rails, …….*[or other standards listed]*.	Section 2: Fall Protection System Components Section 2.5.2: Fall Arrester	Chapter 2, Slide 39	Chapter 2, Video 12
SELF-RETRACTING DEVICE			
145 An employer must ensure that a self-retracting device manufactured on or after July 1, 2009 and used with a personal fall arrest system is (a) approved to CSA Standard Z259.2.2-98 (R2004), Self-Retracting Devices for Personal Fall-Arrest Systems, (b) anchored above the worker's head unless the manufacturer's specifications allow the use of a different anchor location, and (c) used in a manner that minimizes the hazards of swinging and limits the swing drop distance to 1.2 metres if a worker falls.	Section 2: Fall Protection System Components Section 2.6.4: Self-Retracting Devices Section 2.6.5: SRD Pre-Use Inspection Section 2.6.6.: Energy Absorbers, Lanyards, and SRD Cautions Section 4.3.1: Swing Falls Section 4.3.2: Calculating Clearance	Chapter 2, Slide 55, 56, 57 Chapter 4, Slide 23	Chapter 2, Video 17, 18, 19 Chapter 4, Video 4
DESCENT CONTROL DEVICE			
146 An employer must ensure that an automatic or manual descent control device manufactured on or after July 1, 2009 and used with a personal fall arrest system is approved to (a) CSA Standard Z259.2.3-99 (R2004), Descent Control Devices, …….*[or other standards listed]*	Section 2: Fall Protection System Components		
LIFE SAFETY ROPE			
147(1) An employer must ensure that a life safety rope manufactured on or after July 1, 2009 and used in a fall protection system (a) is approved to (i) NFPA Standard 1983, Standard on Life Safety Rope and Equipment for Emergency Services, 2006 Edition, as light-use or general-use life safety rope, (ii) CEN Standard EN 1891: 1998, Personal protective equipment for the prevention of falls from a height — Low stretch kernmantle ropes, as Type A rope, or (b) meets the requirements of (i) CSA Standard CAN/CSA-Z259.2.1-98 (R2004), Fall Arresters, Vertical Lifelines, and Rails, or (ii) ANSI/ASSE Standard Z359.1-2007, Safety requirements for personal fall arrest systems, subsystems and components.	Section 2: Fall Protection System Components Section 2.5.1(a): Lifeline (Life Safety Ropes) Pre-use Inspection	Chapter 2, Slide 1 Chapter 2, Slide 39	Chapter 2, Video 1 Chapter 2, Video 12

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
147(2) An employer must ensure that a life safety rope used in a fall protection system (a) extends downward to within 1.2 metres of ground level or another safe lower surface, (b) is free of knots or splices throughout the travel portion except for a stopper knot at its lower end, (c) is effectively protected to prevent abrasion by sharp or rough edges, (d) is made of material appropriate to the hazard and able to withstand adverse effects, and (e) is installed and used in a manner that minimizes the hazards of swinging and limits the swing drop distance to 1.2 metres if a worker falls.	Section 4.3.3: Other Considerations Section 4.3.1: Swing Falls Section 2.5.4: Lifeline, Fall Arrester, and Horizontal Lifeline Hazards and Cautions	Chapter 4, Slide 25 Chapter 4, Slide 23 Chapter 2, Slide 39	Chapter 4, Video 6 Chapter 4, Video 4
147(3) A worker must use a vertical life safety rope in a manner that minimizes the hazards of swinging and limits the swing drop distance to 1.2 metres if a worker falls.	Section 4.3.1: Swing Falls Section 4.3.2: Calculating Clearance Section 4.3.3: Other Considerations	Chapter 4, Slide 23	Chapter 4, Video 4
147(4) An employer must ensure that only one worker is attached to a life safety rope at any one time unless the manufacturer's specifications or specifications certified by a professional engineer allow for the attachment of more than one worker.	Section 2.5.4: Lifeline, Fall Arrester, and Horizontal Lifeline Hazards and Cautions	Chapter 2, Slide 39	Chapter 2, Video 12
ADJUSTABLE LANYARD FOR WORK POSITIONING			
148 An employer must ensure that an adjustable lanyard manufactured on or after July 1, 2009 and used by a worker as part of a work positioning system is approved to (a) CSA Standard Z259.11-05, Energy absorbers and lanyards, as a Class F adjustable positioning lanyard,……*[or other standards listed]*	Section 2: Fall Protection System Components Section 2.6.3: Lanyard Pre-Use Inspection Section 3.5: Work Positioning Systems	Chapter 2, Slide 54 Chapter 3, Slide 34	Chapter 2, Video 16 Chapter 3, Video 10
ROPE ADJUSTMENT DEVICE FOR WORK POSITIONING			
148.1 An employer must ensure that a rope adjustment device manufactured on or after July 1, 2009 and used by a worker as part of a work positioning system is approved to (a) CSA Standard Z259.2.3-99 (R2004), Descent Control Devices, ……*[or other standards listed]*	Section 2: Fall Protection System Components Section 3.2: Fall Restricting Systems		
WOOD POLE CLIMBING			
149(1) An employer must ensure that a worker working on or from a wood pole uses fall restrict equipment that is approved to CSA Standard Z259.14-01, Fall Restrict Equipment for Wood Pole Climbing, in combination with (a) a lineman's body belt that (i) is approved to CSA Standard Z259.3-M1978 (R2003), Lineman's Body Belt and Lineman's Safety Strap, or (ii) complies with section 142.1, or (b) a full body harness that complies with subsection 142(1). 149(2) Subsection (1) does not apply to fall restrict equipment or a lineman's body belt in use before April 30, 2004.	Section 2: Fall Protection System Components Section 3.2: Fall Restricting Systems	Chapter 3, Slide 10	Chapter 3, Video 4

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
EQUIPMENT COMPATIBILITY			
150 An employer must ensure that all components of a fall protection system are compatible with one another and with the environment in which they are used.	Section 2: Fall Protection System Components Section 2.4.3: Connecting Component Hazards and Cautions	Chapter 2, Slide 1 Chapter 2, Slide 30	Chapter 2, Video 1 Chapter 2, Video 11
INSPECTION AND MAINTENANCE			
150.1 An employer must ensure that the equipment used as part of a fall protection system is (a) inspected by the worker as required by the manufacturer before it is used on each work shift, (b) kept free from substances and conditions that could contribute to deterioration of the equipment, and (c) re-certified as specified by the manufacturer.	Section 2: Fall Protection System Components Section 3: Fall Restricting Systems Section 3.3.1: Personal Fall Arrest System	Chapter 2, Slide 1 Chapter 3, Slide 10 Chapter 3, Slide 14	Chapter 2, Video 1 Chapter 3, Video 4 Chapter 3, Video 5
REMOVAL FROM SERVICE			
150.2(1) An employer must ensure that equipment used as part of a fall protection system is removed from service and either returned to the manufacturer or destroyed if (a) it is defective, or (b) it has come into contact with excessive heat, a chemical, or any other substance that may corrode or otherwise damage the fall protection system. 150.2(2) An employer must ensure that after a personal fall arrest system has stopped a fall, the system is removed from service. 150.2(3) An employer must ensure that a personal fall arrest system that is removed from service is not returned to service unless a professional engineer or the manufacturer certifies that the system is safe to use.	Section 2: Fall Protection System Components Section 3: Fall Restricting Systems Section 3.3.1: Personal Fall Arrest System Section 2.3: Anchors and Anchorages Section 3.3.2(a): Personnel Safety Net Pre-Use Inspection Section 3.6.1: Ladder Pre-Use Inspection Section 3.1.2: Personal Travel Restraint Systems	Chapter 2, Slide 1 Chapter 3, Slide 10 Chapter 3, Slide 14 Chapter 2, Slide 19 Chapter 3, Slide 15 Chapter 3, Slide 44 Chapter 3, Slide 5	Chapter 2, Video 1 Chapter 3, Video 4 Chapter 3, Video 5 Chapter 2, Video 7 Chapter 3, Video 6 Chapter 3, Video 12 Chapter 3, Video 3
PRUSIK AND SIMILAR KNOTS			
150.3 An employer must ensure that a Prusik or similar sliding hitch knot is used in place of a fall arrester only during emergency situations or during training for emergency situations and only by a competent worker.	Section 2.5.2(a) Fall Arrester Pre-use Inspection		
CLEARANCE, MAXIMUM ARRESTING FORCE AND SWING			
151(1) An employer must ensure that a personal fall arrest system is arranged so that a worker cannot hit the ground, an object which poses an unusual possibility of injury, or a level below the work area. 151(2) An employer must ensure that a personal fall arrest system without a shock absorber limits a worker's free fall distance to 1.2 metres.	Section 3.3.1: Personal Fall Arrest System Section 4.2: Arresting Force and Free Fall Section 4.1: Fall Clearance	Chapter 3, Slide 14 Chapter 4, Slide 11 Chapter 4, Slide 1	Chapter 3, Video 5 Chapter 4, Video 2 Chapter 4, Video 1

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
151(3) An employer must ensure that a personal fall arrest system limits the maximum arresting force on a worker to 6 kilonewtons, unless the worker is using an E6 type shock absorber in accordance with the manufacturer's specifications, in which case the maximum arresting force must not exceed 8 kilonewtons.	Section 3.3.1: Personal Fall Arrest System Section 4.2: Arresting Force and Free Fall Section 4.1: Fall Clearance	Chapter 3, Slide 14 Chapter 4, Slide 11 Chapter 4, Slide 1	Chapter 3, Video 5 Chapter 4, Video 2 Chapter 4, Video 1
151(4) A worker must limit the vertical distance of a fall by (a) selecting the shortest length lanyard that will still permit unimpeded performance of the worker's duties, and (b) securing the lanyard to an anchor no lower than the worker's shoulder height. 151(5) If the shoulder height anchor required by subsection 4(b) is not available, a worker must secure the lanyard to an anchor that is located as high as is reasonably practicable. 151(6) If it is not reasonably practicable to attach to an anchor above the level of a worker's feet, the worker must ensure that the clearance and maximum arresting force requirements of subsections (1) and (3) are met.	Section 4.2: Arresting Force and Free Fall Section 4.1: Fall Clearance	Chapter 4, Slide 11 Chapter 4, Slide 1	Chapter 4, Video 2 Chapter 4, Video 1
ANCHORS			
Anchor Strength - Permanent			
152(1) An employer must ensure that a permanent anchor is capable of safely withstanding the impact forces applied to it and has a minimum breaking strength per attached worker of 16 kilonewtons or two times the maximum arresting force in any direction in which the load may be applied. 152(2) Subsection (1) does not apply to anchors installed before July 1, 2009. 152(3) Subsection (1) does not apply to the anchors of flexible horizontal lifeline systems that must meet the requirements of subsection 153(1). 152(4) The employer must ensure that an anchor rated at two times the maximum arresting force is designed, installed and used in accordance with (a) the manufacturer's specifications, or (b) specifications certified by a professional engineer.	Section 2.3: Anchors and Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
Anchor Strength - Temporary			
152.1(1) An employer must ensure that a temporary anchor used in a travel restraint system (a) has a minimum breaking strength in any direction in which the load may be applied of at least 3.5 kilonewtons per worker attached, (b) is installed, used and removed according to the manufacturer's specifications or specifications certified by a professional engineer, (c) is permanently marked as being for travel restraint only, and (d) is removed from use on the earliest of (i) the date on which the work project for which it is intended is completed, or (ii) the time specified by the manufacturer or professional engineer.	Section 2.3: Anchors and Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7
152.1(2) An employer must ensure that a temporary anchor used in a personal fall arrest system (a) has a minimum breaking strength in any direction in which the load may be applied of at least 16 kilonewtons or two times the maximum arresting force per worker attached, (b) is installed, used and removed according to the manufacturer's specifications or specifications certified by a professional engineer, and, (c) is removed from use on the earliest of (i) the date on which the work project for which it is intended is completed, or (ii) the time specified by the manufacturer or professional engineer.	Section 2.3: Anchors and Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7
DUTY TO USE ANCHORS			
152.2(1) If a worker uses a personal fall arrest system or a travel restraint system, the worker must ensure that it is safely secured to an anchor that meets the requirements of this Part. 152.2(2) An employer must ensure that a worker visually inspects the anchor prior to attaching a fall protection system. 152.2(3) An employer must ensure that a worker does not use a damaged anchor until the anchor is repaired, replaced or re-certified by the manufacturer or a professional engineer. 152.2(4) An employer must ensure that a worker uses an anchor connector appropriate to the work. 152.2(5) A worker must use an anchor connector appropriate to the work	Section 2.3: Anchors and Anchorages Section 2.4.3: Connecting Component Hazards and Cautions	Chapter 2, Slide 19	Chapter 2, Video 7
INDEPENDENCE OF ANCHORS			
152.3 An employer must ensure that an anchor to which a personal fall arrest system is attached is not part of an anchor used to support or suspend a platform.	Section 2.3: Anchors and Anchorages		

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WIRE ROPE SLING AS ANCHOR			
152.4 An employer must ensure that a wire rope sling used as an anchor is terminated at both ends with a Flemish eye splice rated to at least 90 percent of the wire rope's minimum breaking strength.	Section 2.4: Connecting Components	Chapter 2, Slide 28	Chapter 2, Video 9
FLEXIBLE AND RIGID HORIZONTAL LIFELINE SYSTEMS			
153(1) An employer must ensure that a flexible horizontal lifeline system manufactured on or after July 1, 2009 meets the requirements of (a) CSA Standard Z259.13-04, Flexible Horizontal Lifeline Systems, or …….*[or other standards listed]* 153(2) An employer must ensure that a rigid horizontal fall protection system is designed, installed and used in accordance with (a) the manufacturer's specifications, or (b) specifications certified by a professional engineer.	Section 2: Fall Protection System Components Section 2.5.3: Horizontal Lifeline		
INSTALLATION OF HORIZONTAL LIFELINE SYSTEMS			
153.1 An employer must ensure that before a horizontal lifeline system is used, a professional engineer, a competent person authorized by the professional engineer, the manufacturer, or a competent person authorized by the manufacturer certifies that the system has been properly installed according to the manufacturer's specifications or to specifications certified by a professional engineer.	Section 2.5.3: Horizontal Lifeline		
FIXED LADDERS AND CLIMBABLE STRUCTURES			
154(1) An employer must ensure that if a worker is working from or on a fixed ladder or climbable structure at a height of 3 metres or more and is not protected by a guardrail, continuous protection from falling is provided by (a) equipping the fixed ladder or climbable structure with an integral fall protection system that meets the requirements of (i) CSA Standard Z259.2.1-98 (R2004), Fall Arresters, Vertical Lifelines, and Rails, or (ii) ANSI/ASSE Standard Z359.1-2007, Safety requirements for personal fall arrest systems, subsystems and components, or (b) an alternate fall protection system. 154(2) Subsection (1) applies to fixed ladders and climbable structures constructed and installed after July 1, 2009.	Section 3.6: Ladders		

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		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
FALL PROTECTION ON VEHICLES AND LOADS			
155(1) If a worker may have to climb onto a vehicle or its load at any location where it is not reasonably practicable to provide a fall protection system for the worker, an employer must (a) take steps to eliminate or reduce the need for the worker to climb onto the vehicle or its load, and (b) ensure that the requirements of subsection 159(2) are met. 155(2) In addition to the requirements of subsection (1), an employer must ensure that if a load is not secured against movement, a worker does not climb onto the load. 155(3) A worker must not climb onto a load if the load is not secured against movement.	Section 5.7: Procedures in Place of Fall Protection Equipment	Chapter 5, Slide 7	Chapter 5, Video 7
BOOM-SUPPORTED WORK PLATFORMS AND AERIAL DEVICES			
156(1) An employer must ensure that a worker on a boom-supported elevating work platform, boom-supported aerial device, or forklift truck work platform uses a personal fall arrest system (a) connected to (i) an anchor specified by the manufacturer of the work platform, aerial device or forklift truck, or (ii) if no anchor is specified by the manufacturer, an anchor point certified by a professional engineer that meets the requirements of CSA Standard Z259.16-04, Design of Active Fall-Protection Systems, and (b) when connected to the anchor, the lanyard, if reasonably practicable, is short enough to prevent the worker from being ejected from the work platform or aerial device but is long enough to allow the worker to perform his or her work.	Section 3.7: Fall Protection in Elevated Work Platforms	Chapter 3, Slide 52	Chapter 3, Video 14

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
156(2) An employer must ensure that a worker on a scissor lift or on an elevating work platform with similar characteristics uses a travel restraint system consisting of a full body harness and lanyard (a) connected to an anchor specified by the manufacturer of the scissor lift or elevating work platform, and (b) when connected to the anchor, the lanyard, if reasonably practicable, is short enough to prevent the worker from falling out of the scissor lift or elevating work platform but is long enough to allow the worker to perform his or her work. 156(3) Subsection (2) does not apply if (a) the manufacturer's specifications allow a worker to work from the scissor lift or elevating work platform with similar characteristics using only its guardrails for fall protection, and (b) the scissor lift or elevating work platform is operating on a firm, substantially level surface. 156(4) Despite subsection (2), if a worker's movement cannot be adequately restricted in all directions by the travel restraint system, the employer must ensure that the worker uses a personal fall arrest system.	Section 3.7: Fall Protection in Elevated Work Platforms	Chapter 3, Slide 52	Chapter 3, Video 14
WATER DANGER			
157 An employer must ensure that a worker uses an appropriate fall protection system in combination with a life jacket or personal flotation device if the worker (a) may fall into water that exposes the worker to the hazard of drowning, or (b) could drown from falling into the water, from other than a boat.	Section 5.6.2: Water Danger	Chapter 5, Slide 6	Chapter 5, Video 6
LEADING EDGE FALL PROTECTION SYSTEM			
158 An employer using a leading edge fall protection system consisting of fabric or netting panels must ensure that (a) the system is used only to provide leading edge fall protection, (b) the system is used and installed according to the manufacturer's specifications, (c) a copy of the manufacturer's specifications for the system is available to workers at the work site at which the system is being used, (d) the fabric or netting is (i) drop-tested at the work site in accordance with the requirements of 29 CFR Section 1926.502(C)4(i) published by the U.S. Occupational Safety and Health Administration, or (ii) certified as safe for use by a professional engineer, and (e) all workers using the system are trained in its use and limitations.	Section 3.3.2: Collective Fall Arrest Systems		

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
PROCEDURES IN PLACE OF FALL PROTECTION EQUIPMENT			
159(1) An employer may develop and use procedures in place of fall protection equipment in accordance with subsection (2), if (a) it is not reasonably practicable to use one of the fall protection systems described in this Part, and (b) use of procedures in place of fall protection equipment is restricted to the following situations: (i) the installation or removal of fall protection equipment; (ii) roof inspection; (iii) emergency repairs; (iv) at-height transfers between equipment and structures if allowed by the manufacturer's specifications; and (v) situations in which a worker must work on top of a vehicle or load and the requirements of section 155 have been met.	Section 5.7: Procedures in Place of Fall Protection Equipment	Chapter 5, Slide 7	Chapter 5, Video 7
159(2) An employer using procedures in place of fall protection equipment must ensure that (a) a hazard assessment in accordance with the requirements of Part 2 is completed before work at height begins, (b) the procedures to be followed while performing the work must be in writing and available to workers before the work begins, (c) the work is carried out in such a way that minimizes the number of workers exposed to a fall hazard while work is performed, (d) the work is limited to light duty tasks of limited duration, (e) the worker performing the work is competent to do it, (f) when used for inspection, investigation or assessment activities, these activities take place prior to the actual start of work or after work has been completed, and (g) the procedures do not expose a worker to additional hazards.	Section 5.7: Procedures in Place of Fall Protection Equipment	Chapter 5, Slide 7	Chapter 5, Video 7
WORK POSITIONING			
160(1) An employer must ensure that if a worker uses a work positioning system, the worker's vertical free fall distance in the event of a fall is restricted by the work positioning system to 600 millimetres or less. 160(2) If the centre of gravity of a worker using a work positioning system extends beyond an edge from which the worker could fall or if the work surface presents a slipping or tripping hazard because of its state or condition, an employer must ensure that the worker uses a back-up personal fall arrest system in combination with the work positioning system. 160(3) A worker must use a back-up personal fall arrest system in combination with the work positioning system if the worker's centre of gravity extends beyond an edge from which the worker could fall or if the work surface presents a slipping or tripping hazard because of its state or condition.	Section 3.5: Work Positioning Systems	Chapter 3, Slide 34	Chapter 3, Video 10

OH&S CODE: PART 9 FALL PROTECTION	Participant's Workbook & Instructor's Guide Classroom and Blended Courses	Presentation or Practical Hands-on	
		Classroom Course	**Blended Course** (eLearning Proctored Theory & Classroom Practical)
CONTROL ZONES			
161(1) If a control zone is used, an employer must ensure that it (a) is only used if a worker can fall from a surface that has a slope of no more than 4 degrees toward an unguarded edge or that slopes inwardly away from an unguarded edge, and (b) is not less than 2 metres wide when measured from the unguarded edge. 161(2) An employer must not use a control zone to protect workers from falling from a skeletal structure that is a work area. 161(3) If a worker will at all times remain further from the unguarded edge than the width of the control zone, no other fall protection system need be used. 161(4) Despite section 139, a worker is not required to use a fall protection system when crossing the control zone to enter or leave the work area. 161(5) When crossing a control zone referred to in subsections (3) and (4), to get to or from the unguarded edge, a worker must follow the most direct route. 161(6) An employer must ensure that a control zone is clearly marked with an effective raised warning line or another equally effective method if a worker is working within 2 metres of the control zone. 161(7) An employer must ensure that a worker who must work within a control zone uses (a) a travel restraint system, or (b) an equally effective means of preventing the worker from getting to the unguarded edge. 161(8) A person who is not directly required for the work at hand must not be inside a control zone.	Section 3.4: Control Zones	Chapter 3, Slide 25	Chapter 3, Video 7

OSSA COURSE CONTENT MATRIX This Matrix may be used to match ABCS's Alberta Fall Protection Courses to the previous OSSA Standard and Matrix 2010 Rev-01 (last published version)	
OSSA MATRIX -FALL PROTECTION STANDARD: (2010 REV-1) **1.4 Training Material** Training programs must, at a minimum, contain the following materials and/or meet the following requirements:	As required by the specific Safety Training Standard (STS) confirm and (if applicable) indicate where the following material is located within your program submission.
1.4.1 The Training program must be at a minimum 8 full hours.	☑ Yes
1.4.2 A detailed lesson plan (the instructing process, timelines and the section learning objectives each instructor is to follow).	☑ Yes: Identify location: Instructor's Manual.
1.4.3 Slides, overheads and booklets/manual pages must be numbered.	☑ Yes ☐ No
1.4.4 All program measurements expressed in both imperial & metric.	☑ Yes ☐ No
1.4.5 Participants user guides and/or workbooks	☑ Yes, a copy titled Participants workbook included with submission
1.4.6 Alberta OH&S Act, Regulations and Code available in classroom for participants use	☑ Yes ☐ No
1.4.7 Approved lanyards and group A harnesses	☑ Yes ☐ No
1.4.8 Approved Group D, E, L & P or equivalent harnesses available in classroom for participant use.	☑ Yes ☐ No
1.4.9 Connecting components (a-e)	☑ Yes ☐ No
(a) Double locking snap hooks	☑ Yes ☐ No
(b) Carabiners	☑ Yes ☐ No
(a) Fall Protection manufactured wire rope (cable wraps, etc.)	☑ Yes ☐ No
(d) Life safety rope & fall arresting device	☑ Yes ☐ No
(e) CSA approved self-retracting devices	☑ Yes ☐ No
1.4.10 Additional training aids	☑ Yes ☐ No Must be listed as an appendix with the correlation matrix.

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	**Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide**	**Location in ABCS Instructional Aides**		**Location in ABCS Theory Tests**		**Practical:** (Classroom & Blended versions)
		Classroom	**Blended/eLearning**	**Classroom**	**Blended/eLearning**	
2.0 FALL PROTECTION BASICS	The training program must provide a balance between theoretical instruction and practical application with frequent, hands-on exercises performed by all participants both individually and in groups. The training program must have, at a minimum, the following content:					
2.1 MINIMUM PROGRAM CONTENT						
2.1.1(a) Introduction content – fall hazards and effects on individual	Section 1.4, Importance of Fall Protection Section 5.2: Consequence of Fall Injuries	Chapter 1: Slides 7-11 Chapter 5: Slide 2	Chapter 5: Video 3	Not required	Not required	Not required
2.1.1(b) Introduction content – brief review of legislative requirements including worker & employer responsibilities, competency	Section 1.5: Legislation Overview	Chapter 1: Slides 13-21	Chapter 1, Videos 4-8	Test A& B: Q# 1(a, b)	Pool # 1, 2, 3	Not required

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
2.1.1(c) Introduction content – most recent (3 yrs.) Alberta statistical information on fall injuries/fatalities – Provide examples (identify and date sourced)	Section 1.4, Importance of Fall Protection	Chapter 1: Slides 7-10		Not required	Not required	Not required
2.1.2 Fall Protection Planning Instruction						
2.1.2(a)(i) Development & application of basic fall protection plan in addition to part 9, methods of hazard identification	Section 5: Fall Protection Planning and Procedures Section 5.5: Fall Protection Plans	Chapter 5: Slides 1-5	Chapter 5: Video 1-6	Test A & B: Q# 1(c, d), 2(a, b, c), 3(a)	Pool # 4, 5	Not required
2.1.2(a)(ii) Hazard assessment & control with practical exercise	Section 5.4 Controlling Hazards – Hierarchy of Control Section 6.3 Hazard Assessment and Control – Activity	Chapter 5: Slide 4 Chapter 6: Slide 4	Chapter 5: Video 4 Chapter 6: Slide 4	Test A: Q# 1(c), 2(b) Test B: Q# 1(d), 2(d)	Pool # 29	Section 6.3 Hazard Assessment and Control – Activity
2.1.2(a)(iii) Hierarchy of controls (Including elimination, engineering, administrative, and PPE {Part 2 of AB OH&S Code})	Section 5.4 Controlling Hazards – Hierarchy of Control	Chapter 5: Slide 4	Chapter 5, Video 4	Test A: Q# 2(b) Test B: Q# 2(d)	Pool # 29	Not required
2.1.2(b)(i) Identify emergency contact	Section 5.8.1: Emergency Preparedness and Response Section 5.8.3: Communication Section 1.1: Site-specific Emergency Information	Chapter 5: Slide 8 Chapter 5: Slide 18 Chapter 1: Slide 5	Chapter 5, Video 8 Chapter 5, Video 12	Test A & B: Q# 2(a)	Pool # 5	Not required
2.1.2(b)(ii) Review of basic rescue equipment needs	Section 5.8.1: Emergency Preparedness and Response Section 5.8.2: Self-Rescue	Chapter 5: Slides 8-9	Chapter 5, Video 8-10	Test A: Q# 2(c) Test B: Q# 2(b)	Pool # 5	Not required
2.1.2(b)(iii) Communication for various fall scenarios and work locations	Section 5.8.1: Emergency Preparedness and Response Section 5.8.3, Communication	Chapter 5: Slide 8 Chapter 5: Slide 18	Chapter 5, Video 8 Chapter 5, Video 12	Test A & B: Q# 2(a)	Pool # 5	Not required
2.1.2(b)(iv) Suspension trauma	Section 5.8.1: Emergency Preparedness and Response	Chapter 5: Slide 8	Chapter 5, Video 8	Test A: Q# 2(d) Test B: Q# 2(c)	Pool #5, 7	Not required
2.1.2(b)(v) Self rescue hazards and post fall protocols/options	Section 5.5: Fall Protection Plans Section 5.8.2: Self Rescue Section 5.8.2(a): Self-Rescue Hazards and Cautions	Chapter 5: Slide 5 Chapter 5: Slides 9-11	Chapter 5, Video 4 Chapter 5, Video 9-11	Test A: Q# 2(a, c) Test B: Q# 2(a, b)	Pool # 5, 7	Not required
2.1.2(b)(vi) Post fall protocols (Part 9 AB OH&S Explanation Guide)	Section 5.5: Fall Protection Plans Section 5.8.1: Emergency Preparedness & Response	Chapter 5: Slide 5 Chapter 5: Slide 8	Chapter 5, Video 4 Chapter 5, Video 8	Test A & B: Q# 3(a)	Pool # 5	Not required
2.1.2(b)(vii) Practical exercise in emergency response procedures	Section 6.4: Emergency Response Activity	Chapter 6: Slide 4	In-Classroom Practical Session			Section 6.4: Emergency Response Activity

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
2.1.2(c) Importance of inspection on all equipment & components	Section 2: Fall Protection System Components	Chapter 2: Slide 1	Chapter 2, Video 1	Test A & B: Q# 3(b)	Pool # 8	Not required
2.1.3 Fall Arrest Forces & Calculations						
2.1.3(a)(i) Maximum Arrest Forces (MAF) definition	Section 4.2: Arresting Force and Free Fall	Chapter 4: Slide 12	Chapter 4: Video 3	Test A & B: Q# 3(c)	Pool # 10, 12	Not required
2.1.3(a)(ii) Importance of equipment selection in reducing MAF	Section 4.2: Arresting Force and Free Fall	Chapter 4: Slide 11	Chapter 4: Video 2	Test A & B: Q# 3(d), 4(c), 12(a, d), 19	Pool # 11, 12	Not required
2.1.3(a)(iii) Free fall distance (FFD)	Section 4.2: Arresting Force and Free Fall	Chapter 4, Slide 11	Chapter 4, Video 2	Test A: Q# 4(b) Test B: Q# 4(a)	Pool # 11, 12	Not required
2.1.3(a)(iv) Fall clearance calculations	Section 4.1: Fall Clearance Section 4.1.1: Determining Clearance – Practice Questions Section 4.3: Swing Falls and Calculating Clearance with an SRD Section 4.3.3(a): SRD Clearance Practice Question Section 6.5: Case Studies	Chapter 4, Slide 1 Chapter 4, Slide 3-9 Chapter 4, Slide 23 Chapter 4, Slide 27-28 Chapter 6, Slide 5-7	Chapter 4, Video 1 Chapter 4, Activity 1 Chapter 4, Video 4-5 Chapter 4, Activity 3 In-Classroom Practical Session	Test A & B: Q# 8-10	Q # 25 & Pool # 38, 39, 43	Not required
2.1.3(a)(v) Class exercise and theory test	Section 4.1.1: Determining Clearance – Practice Questions Section 4.3.3(a): SRD Clearance Practice Question Section 6.5: Case Studies	Chapter 4, Slide 3-9 Chapter 4, Slide 27-28 Chapter 6, Slide 5-7	Chapter 4, Activity 1 and 3 In-Classroom Practical Session Proctored Online Exam	Theory test located in Instructor's Manual	Q # 25 & Pool # 9, 10, 36, 37	Not required
2.1.3(a)(v)(i) Free Fall Distance calculation (FFD)	Section 4.2: Arresting Force and Free Fall Section 4.2.1: Determining Free Fall Distance – Practice Questions Section 6.5.1: Case Study #1 Section 6.5.1: Case Study #3	Chapter 4, Slides 11 Chapter 4, Slide 14-22 Chapter 6, Slide 5 Chapter 6, Slide 7	Chapter 4, Video 2 Chapter 4, Activity 2 In-Classroom Practical Session	Test A & B: Q# 5-7	Pool # 36, 37	Chapter 6 – Activities: Case Studies
2.1.3(a)(v)(ii) Total Fall Distance calculation (TFD)	Section 4.2: Arresting Force and Free Fall	Chapter 4, Slide 12	Chapter 4, Video 3	Test A & B: Q# 8-10	Q # 25 & Pool # 38, 39, 43	
2.1.3(a)(v)(iii) Required minimum distance calculation (CR)	Section 4.1: Fall Clearance Section 4.1.1: Determining Clearance – Practice Questions Section 4.3: Swing Falls and Calculating Clearance with an SRD Section 4.3.3(a): SRD Clearance Practice Question Section 6.5: Case Studies	Chapter 4, Slide 1 Chapter 4, Slide 3-9 Chapter 4, Slide 23 Chapter 4, Slide 27-28 Chapter 6, Slide 5-7	Chapter 4, Video 1 Chapter 4, Activity 1 Chapter 4, Video 4-5 Chapter 4, Activity 3 In-Classroom Practical Session	Test A & B: Q# 8-10	Q # 25 & Pool # 38, 39, 43	

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
2.1.3(a)(vi) Calculation exercises (anchor connection heights and lanyard length scenarios)	Section 4.2.1: Determining Free Fall Distance – Practice Questions Section 4.1.1: Determining Clearance – Practice Questions Section 4.3.3(a): SRD Clearance Practice Question Section 6.5: Case Studies	Chapter 4, Slide 14-22 Chapter 4, Slide 3-10 Chapter 4, Slide 27-28 Chapter 6, Slide 5-7	Chapter 4, Activity 1, 2, and 3 In-Classroom Practical Session	Test A & B: Q# 5-10	Q # 25 & Pool # 38, 39, 43	
3.0 FALL PROTECTION SYSTEMS						
3.1 MINIMUM PROGRAM CONTENT						
3.1.1 Personal Fall Arrest Systems						
3.1.1(a) Review of system application, definition & critical components	Section 3.3 Fall Arrest Systems	Chapter 3, Slide 14	Chapter 3, Video 5	Test A & B: Q# 17(a)	Pool # 15	Chapter 6 – Activities: Equipment Inspection; Hazard Identification, Assessment, & Control; and Case Studies
3.1.1(b) Design purpose of each system	Section 3.3 Fall Arrest Systems	Chapter 3, Slide 14	Chapter 3, Video 5	Test A: Q# 17(a) Test B: Q# 17(a)	Pool # 15	
3.1.1(c) Pre-use visual inspection requirements	Section 2: Fall Protection System Components Section 2.2.2: Harness Pre-use Inspection Section 2.3: Engineered Anchors and Improvised Anchorages Section 2.4.2: Connecting Component Pre-Use Inspection Section 2.5.1(a): Lifeline Pre-use Inspection Section 2.5.2(a): Fall Arrester Pre-use Inspection Section 2.6.3: Lanyard Pre-use Inspection Section 2.6.5: SRD Pre-use Inspection	Chapter 2, Slide 1 Chapter 2, Slide 9 Chapter 2, Slide 19 Chapter 2, Slide 29 Chapter 2, Slide 39 Chapter 2, Slide 54 Chapter 2, Slide 56	Chapter 2, Video 1 Chapter 2, Video 4 Chapter 2, Video 7 Chapter 2, Video 10 Chapter 2, Video 12 Chapter 2, Video 16 Chapter 2, Video 18	Test A: Q# 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
3.1.1(d) Manufacturers inspection & re-certification requirements and removal from service protocol	Section 2: Fall Protection System Components	Chapter 2, Slide 1	Chapter 2, Video 1	Test A & B: Q# 4(d)	Pool # 8	
3.1.1(e) Typical hazards associated with each system	Section 3.3.1(a): Personal Fall Arrest System Limitations and Cautions	Chapter 3, Slide 14	Chapter 3, Video 5	Test A: Q# 2(d), 3(c), 4(b), 12(a, d), 13(b, d), 26-29 Test B: Q# 2(c), 3(b), 4(a), 12(a, d), 13(a, d), 26-29	Pool # 9, 10, 12, 53, 57	

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
3.1.1(f) Actual system must be present in classroom – for discussion & inspection.	☑ Yes Identify in appendix ☐ No (See Equipment Inventory within the Instructor's Manual)					
3.1.2 Travel Restraint System						
3.1.2(a) Review of system application, definition & critical components	Section 3.1.2: Personal Travel Restraint Systems Section 3.1.1: Guard Rails	Chapter 3, Slide 5 Chapter 3, Slide 4	Chapter 3, Video 3 Chapter 3, Video 2	Test A: Q# 4(a), 12(b), 17(b) Test B: Q# 4(b), 12(a), 16(d), 17(b)	Pool # 15, 19	Chapter 6 – Activities: Equipment Inspection; Hazard Identification, Assessment, & Control; and Case Studies
3.1.2(b) Design purpose of each system	Section 3.1.2: Personal Travel Restraint Systems Section 3.1.1: Guard Rails	Chapter 3, Slide 5 Chapter 3, Slide 4	Chapter 3, Video 3 Chapter 3, Video 2	Test A: Q# 4(a), 12(b), 16(c), 17(b) Test B: Q# 4(b), 12(b), 17(b)	Pool # 15, 19	
3.1.2(c) Pre-use visual inspection requirements	Section 2: Fall Protection System Components Section 2.2.2: Harness Pre-use Inspection Section 2.3: Engineered Anchors and Improvised Anchorages Section 2.4.2: Connecting Component Pre-Use Inspection Section 2.5.1(a): Lifeline Pre-use Inspection Section 2.5.2(a): Fall Arrester Pre-use Inspection Section 2.6.3: Lanyard Pre-use Inspection Section 2.6.5 SRD Pre-use Inspection	Chapter 2, Slide 1 Chapter 2, Slide 9 Chapter 2, Slide 19 Chapter 2, Slide 29 Chapter 2, Slide 39 Chapter 2, Slide 54 Chapter 2, Slide 56	Chapter 2, Video 1 Chapter 2, Video 4 Chapter 2, Video 7 Chapter 2, Video 10 Chapter 2, Video 12 Chapter 2, Video 16 Chapter 2, Video 18	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
3.1.2(d) Manufacturers inspection & re-certification requirements and removal from service protocol	Section 2: Fall Protection System Components	Chapter 2, Slide 1	Chapter 2, Video 1	Test A & B: Q# 4(d)	Pool # 8	
3.1.2(e) Typical hazards associated with each system	Section 3.1.3: Travel Restraint System Limitations and Cautions	Chapter 3, Slide 5	Chapter 3, Video 3	Test A: Q# 13(b), 17(b), 27 Test B: Q# 13(a), 17(b), 26	Pool # 47, 56	
3.1.2(f) Actual system must be present in classroom – for discussion & inspection.	☑ Yes Identify in appendix ☐ No (See Equipment Inventory within the Instructor's Manual)					

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
3.1.3 Work Positioning Systems						
3.1.3(a) Review of system application, definition & critical components	Section 3.5: Work Positioning Systems	Chapter 3, Slide 34	Chapter 3, Video 10	Test A: Q# 16(c) Test B: Q# 16(d)	Pool # 46, 50	Chapter 6 – Activities: Equipment Inspection; and Case Studies
3.1.3(b) Design purpose of each system	Section 3.5: Work Positioning Systems	Chapter 3, Slide 34	Chapter 3, Video 10	Test A: Q# 16(c) Test B: Q# 16(d)	Pool # 46, 50	
3.1.3(c) Pre-use visual inspection requirements	Section 2: Fall Protection System Components Section 2.2.2: Harness Pre-use Inspection Section 2.3: Engineered Anchors and Improvised Anchorages Section 2.4.2: Connecting Component Pre-Use Inspection Section 2.5.1(a): Lifeline Pre-use Inspection Section 2.5.2(a): Fall Arrester Pre-use Inspection Section 2.6.3: Lanyard Pre-use Inspection Section 2.6.5 SRD Pre-use Inspection	Chapter 2, Slide 1 Chapter 2, Slide 9 Chapter 2, Slide 19 Chapter 2, Slide 29 Chapter 2, Slide 39 Chapter 2, Slide 54 Chapter 2, Slide 56	Chapter 2, Video 1 Chapter 2, Video 4 Chapter 2, Video 7 Chapter 2, Video 10 Chapter 2, Video 12 Chapter 2, Video 16 Chapter 2, Video 18	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
3.1.3(d) Manufacturers inspection & re-certification requirements and removal from service protocol	Section 2: Fall Protection System Components	Chapter 2, Slide 1	Chapter 2, Video 1	Test A & B: Q# 4(d)	Pool # 8	
3.1.3(e) Typical hazards associated with each system	Section 3.5.2: Work Positioning Hazards and Cautions	Chapter 3, Slide 36	Chapter 3, Video 11	Test A: Q# 1(b), 2(d), 12(a, d), 13(a, b), 27-29 Test B: Q# 1(b) 2(c), 12(a, d), 13(a, c), 27-29	Pool # 50, 30, 56	
3.1.3(f) DVD's, videos, pictures etc. must be present in classroom if actual system or models are not used	☑ Yes Identify in appendix ☐ No (See Equipment Inventory in Instructor's Manual and the Presentations)					
3.1.4 Control Zones						
3.1.4(a) Review of system application, definition & critical components	Section 3.4: Control Zones	Chapter 3, Slide 25	Chapter 3, Video 7	Test A & B: Q# 14, 17(c)	Pool # 20, 21, 22	
3.1.4(b) Design purpose of each system	Section 3.4: Control Zones	Chapter 3, Slide 25	Chapter 3, Video 7	Test A & B: Q# 14, 17(c)	Pool # 20, 21, 22, 44	
3.1.4(c) Pre-use visual inspection requirements	Section 3.4.1: Control Zone Pre-use Inspection	Chapter 3, Slide 26	Chapter 3, Video 8	Test A & B: Q# 30, 17(d)	Pool # 21	

OSSA STS Program Requirements Fall Protection (FP2010-Rev01)	Location in ABCS: Instructor's Manual & Participants Workbook & eLearning Guide	Location in ABCS Instructional Aides		Location in ABCS Theory Tests		Practical: (Classroom & Blended versions)
		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
3.1.4(d) Manufacturers inspection & re-certification requirements and removal from service protocol						
3.1.4(e) Typical hazards associated with each system	Section 3.4.2: Control Zone Hazards and Cautions	Chapter 3, Slide 27	Chapter 3, Video 9	Test A & B: Q# 30	Pool # 20, 56	
3.1.4(f) DVD's, videos, pictures etc. must be present in classroom if actual system or models are not used	☑ Yes Identify in appendix ☐ No (Illustrations (video) in Chapter 3: Control Zones					
3.1.5 Safety Nets – must include that Safety Nets are not used as an only means of Fall Protection on OSSA member sites (See Presentation Chapter 3, Slide 7)						
3.1.5(a) Review of system application, definition & critical components	Section 3.3.2: Collective Fall Arrest Systems	Chapter 3, Slide 15	Chapter 3, Video 6	Test A: Q# 15(a, b) Test B: Q# 15(a, c)	Pool # 18	
3.1.5(b) Design purpose of each system	Section 3.3.2: Collective Fall Arrest Systems	Chapter 3, Slide 15	Chapter 3, Video 6	Test A & B: Q# 15(a)	Pool # 18	
3.1.5(c) Pre-use visual inspection requirements	Section 3.3.2(a): Personnel Safety Net Pre-Use Inspection	Chapter 3, Slide 15	Chapter 3, Video 6	Test A: Q# 15(b, c) Test B: Q# 15(c, d)	Pool # 8	
3.1.5(d) Manufacturers inspection & re-certification requirements and removal from service protocol	Section 3.3.2(a): Personnel Safety Net Pre-Use Inspection	Chapter 3, Slide 15	Chapter 3, Video 6	Test A: Q# 15(b) Test B: Q# 15(c)	Pool # 8	
3.1.5(e) Typical hazards associated with each system	Section 3.3.2(b): Personnel Safety Net Limitations and Cautions	Chapter 3, Slide 15	Chapter 3, Video 6	Test A & B: Q# 15	Pool # 56	
3.1.5(f) DVD's, videos, pictures etc. must be present in classroom if actual system or models are not used	☑ Yes Identify in appendix ☐ No – See the PowerPoint Presentation Chapter 3, Slides 4 & 6					
3.1.6 Instruction must include a ban on the use of safety belts on all OSSA member sites.	Section 2.2: Full Body Harnesses	Chapter 2, Slide 7	Chapter 2, Video 2			
3.1.7 As per OH&S code, training must include practice inspecting, fitting, adjusting and connecting fall protection systems and components.	☑ Yes ☐ No Chapter 6 – Activities: Harness Inspecting, Donning, Doffing, and Buddy Check					

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		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
4.0 FALL PROTECTION SYSTEMS COMPONENTS						
MINIMUM PROGRAM CONTENT	The training for each of the systems listed in section 4.1.1 – 4.1.3 must contain, at a minimum, the following topics: Definitions for each component; Design purposes (including limitations, uses, types, compatibility, fit as appropriate); Pre-use visual inspection; and Component hazards					
4.1.1 Type A, D, E, P and L (or equivalent), Full Body Harnesses						
4.1.1(a) Definition	Section 2.2: Full Body Harnesses Section 2.2.1: Harness Classifications	Chapter 2, Slide 7-8	Chapter 2, Video 2-3	Test A & B: Q# 21	Pool # 17, 30, 31, 55	Chapter 6 – Activities: Harness Inspecting, Donning, Doffing, and Buddy Check
4.1.1(b) Design purpose	Section 2.2: Full Body Harnesses Section 2.2.1: Harness Classifications Section 2.2.3: Donning a Full Body Harness Section 2.2.4: Doffing a Full Body Harness	Chapter 2, Slide 7-8 Chapter 2, Slide 10	Chapter 2, Video 2-3 Chapter 2, Video 5	Test A & B: Q# 21	Pool #55	
4.1.1(c) Pre-use visual inspection	Section 2.2.2: Harness Pre-Use Inspection	Chapter 2, Slide 9	Chapter 2, Video 4	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.1(d) Component hazards	Section 2.2.5: Harness Hazards and Cautions	Chapter 2, Slide 11	Chapter 2, Video 6	Test A: Q# 13(b), 2(d) Test B: Q# 13(a), 2(c)	Pool # 7, 17, 30, 31, 41, 56	
4.1.2 Connecting Components						
4.1.2.(a) Double Locking Snap Hooks						
4.1.2(a)(i) Definition	Section 2.4: Connecting Components Section 2.4.1: Carabiners and Snap Hooks	Chapter 2, Slide 28	Chapter 2, Video 9	Test A & B: Q# 18	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.2(a)(ii) Design purpose	Section 2.4: Connecting Components Section 2.4.1: Carabiners and Snap Hooks	Chapter 2, Slide 28	Chapter 2, Video 9	Test A & B: Q# 18	Pool # 55	
4.1.2(a)(iii) Pre-use visual inspection	Section 2.4.2: Connecting Component Pre-Use Inspections	Chapter 2, Slide 29	Chapter 2, Video 10	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.2(a)(iv) Component hazards	Section 2.4.3: Connecting Component Hazards and Cautions	Chapter 2, Slide 30	Chapter 2, Video 11	Test A: Q# 27 Test B: Q# 26	Pool # 56	

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		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
4.1.2(b) Carabineers						
4.1.2(b)(i) Definition	Section 2.4: Connecting Components Section 2.4.1: Carabiners and Snap Hooks	Chapter 2, Slide 28	Chapter 2, Video 9	Test A & B: Q# 18	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.2(b)(ii) Design purpose	Section 2.4: Connecting Components Section 2.4.1: Carabiners and Snap Hooks	Chapter 2, Slide 28	Chapter 2, Video 9	Test A & B: Q# 18	Pool # 55	
4.1.2(b)(iii) Pre-use visual inspection	Section 2.4.2: Connecting Component Pre-Use Inspections	Chapter 2, Slide 29	Chapter 2, Video 10	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.2(b)(iv) Component hazards	Section 2.4.3: Connecting Component Hazards and Cautions	Chapter 2, Slide 30	Chapter 2, Video 11	Test A: Q# 27 Test B: Q# 26	Pool # 56	
4.1.2(c) Life Safety Ropes & Fall Arresting Devices						
4.1.2(c)(i) Definition	Section 2.5: Lifelines, Fall Arresters, and Horizontal Lifelines Section 2.5.1: Lifelines Section 2.5.2: Fall Arrester	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 20, 12(c)	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.2(c)(ii) Design purpose	Section 2.5: Lifelines, Fall Arresters, and Horizontal Lifelines Section 2.5.1: Lifelines Section 2.5.2: Fall Arrester	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 20, 12(c)	Pool # 55	
4.1.2(c)(iii) Pre-use visual inspection	Section 2.5.1: Lifeline Pre-use Inspection Section 2.5.2(a): Fall Arrester Pre-use Inspection	Chapter 2, Slide 39	Chapter 2, Video 12	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.2(c)(iv) Component hazards	Section 2.5.4: Lifeline, Fall Arrester, and Horizontal Lifeline Hazards and Cautions	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 28	Pool # 56	
4.1.2(d) Self Retracting Devices (SRD)Type 1SRD, Type 2SRD and Type 3RSRD) (UPDATE, CSA has changed Classification Criteria. ABCS course updated to match new Classifications)						
4.1.2(d)(i) Definition	Section 2.6.4: Self-Retracting Devices (SRD)	Chapter 2, Slide 55	Chapter 2, Video 17	Test A & B: Q# 24	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.2(d)(ii) Design purpose	Section 2.6.4: Self-Retracting Devices (SRD)	Chapter 2, Slide 55	Chapter 2, Video 17	Test A & B: Q# 24	Pool # 55	
4.1.2(d)(iii) Pre-use visual inspection	Section 2.6.5: SRD Pre-use Inspection	Chapter 2, Slide 56	Chapter 2, Video 18	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	

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		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
4.1.2(d)(iv) Component hazards	Section 2.6.6: Energy Absorbers, Lanyards, and SRD Cautions Section 4.3: Swing Falls and Calculating Clearance with an SRD Section 4.3.3.: Other Considerations	Chapter 2, Slide 57 Chapter 4, Slide 23 Chapter 4, Slide 24-25	Chapter 2, Video 19 Chapter 4, Video 4 Chapter 4, Video 5	Test A: Q# 2(d), 29 Test B: Q# 2(c), 29	Pool # 47, 56	
4.1.2(e) Manufactured or Engineered Horizontal Lifelines						
4.1.2(e)(i) Definition	Section 2.5.3: Horizontal Lifeline	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 23	Pool # 55	
4.1.2(e)(ii) Design purpose (4.2.2 a-e)	Section 2.5.3: Horizontal Lifeline	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 23	Pool # 55	
4.1.2(e)(iii) Pre-use visual inspection (4.2.3)	Section 2.5.3: Horizontal Lifeline	Chapter 2, Slide 39	Chapter 2, Video 12	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.2(e)(iv) Component hazards	Section 2.5.4: Lifeline, Fall Arrester, and Horizontal Lifeline Hazards and Cautions	Chapter 2, Slide 39	Chapter 2, Video 12	Test A & B: Q# 29	Pool # 56, 57	
4.1.2(f) Lanyard (shock and/or energy absorbers, adjustable lanyards)						
4.1.2(f)(i) Definition	Section 2.6.1 Energy Absorbers Section 2.6.2: Lanyards	Chapter 2, Slide 51-53	Chapter 2, Video 13-15	Test A & B: Q# 19, 31	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.2(f)(ii) Design purpose	Section 2.6.1 Energy Absorbers Section 2.6.2: Lanyards	Chapter 2, Slide 51-53	Chapter 2, Video 13-15	Test A & B: Q# 3(d), 4(c), 19, 31	Pool # 55	
4.1.2(f)(iii) Pre-use visual inspection	Section 2.6.3: Lanyard Pre-use Inspection	Chapter 2, Slide 54	Chapter 2, Video 16	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	
4.1.2(f)(iv) Component hazards	Section 2.6.6: Energy Absorbers, Lanyards, and SRD Cautions	Chapter 2, Slide 57	Chapter 2, Video 19-20	Test A & B: Q# 8-10, 12(a), 29	11, 12, 15, 42, 53, 54, 56	
4.1.3 Anchors						
4.1.3(a) Permanent Anchors						
4.1.3(a)(i) Definition	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A & B: Q# 22	Pool # 55	Chapter 6 – Activities: Equipment Inspection
4.1.3(a)(ii) Design purpose	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A & B: Q# 22	Pool # 55	
4.1.3(a)(iii) Pre-use visual inspection	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A: Q# 3(b), 4(d), 13(c) Test B: Q# 3(b), 4(d), 13(b)	Pool # 8	

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		Classroom	Blended/eLearning	Classroom	Blended/eLearning	
4.1.3(a)(iv) Component hazards	Section 2.3.1: Anchor Hazards and Cautions	Chapter 2, Slide 20	Chapter 2, Video 8	Test A: Q# 11, 26 Test A: Q# 11, 27	Pool # 10, 12, 57	
4.1.3(b) Temporary/Improvised Anchors (Engineered/Non-Engineered)						
4.1.3(b)(i) Definition	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A & B: Q# 25	Pool # 55	
4.1.3(b)(ii) Design purpose	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A & B: Q# 25	Pool # 55	
4.1.3(b)(iii) Pre-use visual inspection	Section 2.3: Engineered Anchors and Improvised Anchorages	Chapter 2, Slide 19	Chapter 2, Video 7	Test A: Q# 13(a) Test B: Q# 13(c)	Pool # 13	
4.1.3(b)(iv) Component hazards	Section 2.3.1: Anchor Hazards and Cautions	Chapter 2, Slide 20	Chapter 2, Video 8	Test A: Q# 11, 26 Test A: Q# 11, 27	Pool # 10, 12, 57	

5.0 PROFICIENCY TESTING	As required by the specific Safety Training Standard (STS) confirm and (if applicable) indicate where the following material is located within your program submission.
5.1 KNOWLEDGE EVALUATION	
5.1.1 Knowledge Evaluation/Test is included in the program submission	☑ Yes ☐ No Identify location: Instructor's Guide for Classroom Course and ProsperLMS for Blended eLearning
5.2 PRACTICAL TEST – Instructor must demonstrate the following:	
5.2.1(a) Proper pre-use visual inspection of harness, anchor point, & connecting components	☑ Yes ☐ No Identify location: Instructor's Guide
5.2.1(b) Proper donning and adjustment of harness as well as doffing and storage	☑ Yes ☐ No Identify location: Instructor's Guide
5.2.2 Each participant, at a minimum, must successfully demonstrate the following:	
5.2.2(a) Participant performs pre-use visual inspections	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.2(b) Verifying harness for proper fit including a buddy check	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.2(c) Controlled weight transfer	
5.2.2(c)(i) Ensuring correct anchor hook up	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.2(c)(ii) Lifting feet off floor	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.3 Instructor must observe* and coach each participant (one on one) during all the following activities:	
5.2.3(a) Participant performs pre-use visual inspections	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.3(b) Verifying harness for proper fit including a buddy check	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet

5.2.3(c) Ensuring correct anchor hook up	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.3(d) Performing controlled weight transfer	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.3(e) Proper doffing and storing of harness	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
5.2.3(a) Participant performs pre-use visual inspections	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
*The instructor must utilize and sign off a check sheet for each participant to confirm all activities have been completed.	
6.0 RE-CERTIFICATION	
6.2.3(a) Verification of current OSSA credential	☑ Yes ☐ No Identify location: Process managed through ProsperLMS including uploading of current credential by student. ABCS staff reviews and verifies credential and approves registration.
6.2.3(b) Requirements of 5.2 excluding controlled weight transfer	☑ Yes ☐ No Identify location: Practical described in Instructor's Guide and results recorded on Student Score Sheet
6.2.3(c) Theoretical test covering the following (at a minimum):	
6.2.3(c)(i) Fall arrest forces & calculations (MAF, FFD, TFD, CR)	☑ Yes ☐ No Identify location: Proctored exam through ProsperLMS. Verification reviewed and approved by ABCS staff.
6.2.3(c)(ii) Fall protection hazard identification, assessment & control	☑ Yes ☐ No Identify location: Proctored exam through ProsperLMS. Verification reviewed and approved by ABCS staff.
6.2.3(c)(iii) Fall protection & rescue planning	☑ Yes ☐ No Identify location: Proctored exam through ProsperLMS. Verification reviewed and approved by ABCS staff.
6.2.3(c)(iv) Suspension trauma	☑ Yes ☐ No Identify location: Proctored exam through ProsperLMS. Verification reviewed and approved by ABCS staff.
6.2.3(d) Classroom instruction on the following (at a minimum):	
6.2.3(d)(i) Changes to theory	☐ Yes ☐ No Identify location: Provided during Classroom practical session.
6.2.3(d)(ii) Changes to Legislation	☐ Yes ☐ No Identify location: Provided during Classroom practical session.
6.2.3(d) (iii) Changes/Improvements to equipment/components	☐ Yes ☐ No Identify location: Provided during Classroom practical session.
6.2.3(e) Credential (marked as a re-certification)	☐ Yes ☐ No Identify location: Provided during Classroom practical session.