

FALL PROTECTION TRAINING RECORD

Project: _____ Training Date: _____

 First Name Last Name Trainer Name

Definition: (AUT) = Local Government, WorkSafeBC and Environment Authority.

GENERAL REQUIREMENTS

1. All applicable regulations have been explained to me.
2. I understand the applicable regulations.
3. Fall Arrest, Fall Restraint and Positioning system have been explained to me.
4. I understand what Fall Arrest, Fall Restraint & Positioning System means and the applicable (AUT) requirements.

**Initial if
Agreed**

ANCHORAGES

5. Fall Protection Anchorages (various) have been explained to me.
I understand and have demonstrated proficiency of the following:
 - a. 2250 kg. Or 5000 lbs. / person anchorages.
 - b. Choice, inspection and use of my various fall protection anchorages.
 - c. The difference between fixed and prop line.

SAFETY LINES, LANYARD, ROPE GRABS

6. Safety line use, lanyard use, rope grab use and roll out prevent have been explained to me.
I understand and have demonstrated proficiency of the following:
 - a. Choice, inspections and use of my safety lines.
 - b. Choice, inspections and use of my lanyard.
 - c. Choice, inspections and use of my rope grab.
 - d. Roll out prevention.
 - e. The figure 8 knot.
 - f. Safety line strength reductions and various tie offs
 - g. Potential free falls, swing hazards and government restrictions.
 - h. Potential free falls and rebar protection requirements.

SAFETY HARNESSES AND SAFETY BELTS

7. Full body harnesses, safety belt selection, proper fitting and proper use have been explained to me.
I understand and have demonstrated proficiency of the following:
 - a. Choice, inspections, fitting and use of my full body harness.
 - b. Choice, inspections, fitting and use of my safety belt.
 - c. The difference between Fall Arrest, Fall Restraint and Positioning systems.
8. I am in good physical condition and have no physical problems that may be aggravated by a fall.
9. I understand that I may be required to have some additional retraining.

Comments / Questions:

With my signature, I acknowledge that I fully understand and agree to comply with the above directives and instructions:

EMPLOYEE SIGNATURE

SUPERVISOR SIGNATURE

TRAINER SIGNATURE