

# Working at Heights & Dropped Objects (Practical) Training



## OVERVIEW

This training addresses **OSHA 29 CFR 1926 Subpart M (1926.500-503)**. This course teaches employees the importance of fall protection and measures they can take to reduce their exposure to fall hazards.

The objectives of this course are:

- to update personnel of the reoccurring hazards associated with Working at Heights and dropped objects potential,
- to identify the circumstances in which you have/will have to work at heights and
- to identify the hazard and risks associated with each.

All of the above will enable you to be more aware of the need to exercise the necessity for planning prior to the implementation of the task.

### **Recommended participants:**

- ✓ Persons in organizations who are exposed to hazards and risks including General Workers
- ✓ Persons exposed to working at heights or work on assets where there is a risk that objects will fall from height.
- ✓ Safety Committee Members
- ✓ Managers
- ✓ Safety Personnel
- ✓ Supervisors
- ✓ Construction workers

## WORKSHOP STRUCTURE

**Working at Heights & Dropped Objects Training** comprises of the following core modules which will be delivered in **one day** as follows:

- ✓ Competent Person, Qualified Person
- ✓ Recognising how dangerous workplace falls can be
- ✓ Describe methods to prevent workplace falls
- ✓ Factors Affecting Total Fall Distance
- ✓ Explain your Role in the elimination of workplace falls
- ✓ Identifying and preventing various types of fall hazards
- ✓ The components of a personal fall arrest system and how they work together
- ✓ The purpose of PFAS personal fall arrest systems
- ✓ Steps for properly inspecting, caring for and maintaining your fall arrest system
- ✓ Identification and understanding of potential workplace dropped objects hazards
- ✓ Understanding the various levels of protection that are available to prevent dropped objects

## FACILITATOR'S BACKGROUND

### Mr. Kenny Mohammed

Kenny Mohammed has over twenty-five (25) years' experience in the upstream & downstream industries. His primary focus is on the development of safety behaviours within the frontline & working class for those who are exposed to safety critical tasks.

Mr. Mohammed has accomplished his Master's Membership in Executive Leadership, SVQ Assessor / Verifier qualifications in competency management and he also brings a high degree of operational experience to the learning process.

With regards to his safety training qualifications, Mr. Mohammed is a certified Train-the -Trainer in numerous disciplines. Mr. Mohammed's qualifications prove integral in supplying and developing a range of training and competency options tailored to meet client and national standards.

## WORKSHOP DETAILS

**Date:** 28<sup>th</sup> May 2024

**Time:** 9:00 am – 3:00 pm

**Cost:** Member rate: \$1300.00 per participant  
Non-member rate: \$1500.00 per participant

**Note:** *Cost inclusive of all training materials and certificates.*

*All costs quoted are VAT exclusive.*

**Venue:** San Fernando

**Contact:** Chrystal Joshua-George @ 679-7113 ext. 38 or  
[admin@learningcentre.energy.tt](mailto:admin@learningcentre.energy.tt)

### **Requirements:**

All participants must have basic PPE: safety boots, safety hat with chin strap, gloves and safety glasses.

### **Assessment:**

The training is centered on a competency-based system, where each delegate will be given a knowledge assessment questionnaire. A pass mark of 80% and above is required.

### **Certification:**

In order for a certificate to be issued, the participant must successfully complete all of the assessments indicated above.