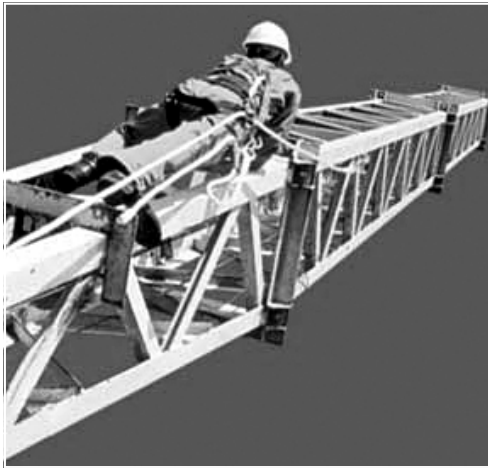


# OSHA 3110: FALL ARREST SYSTEMS



**A trainer certificate will be issued by the Chesapeake Region Safety Council upon successful completion of this course.**

*This course provides an overview of state-of-the-art technology for fall protection and current OSHA requirements.*

*OSHA 311- Fall Arrest Systems is a required course to earn the Rocky Mountain Education Center (RMEC) Construction Safety and Health Specialist Certificate at the Chesapeake Region Safety Council.*

**September 12 - 14, 2005**

sponsored by the **Chesapeake Region Safety Council**  
in cooperation with the **Rocky Mountain Education Center**



- OSHA 3110 FALL ARREST SYSTEMS OBJECTIVES:**
- ➔ Identify numerous types of fall protection components
  - ➔ Understand corrective action for fall hazards
  - ➔ Learn to perform a Fall Hazard Analysis which includes clearance distance and swing fall calculation methods
  - ➔ Locate and apply proper OSHA standards to specific conditions

- TOPICS INCLUDE:**
- ➔ Principles of fall protection, the components of a fall arrest system
  - ➔ Limitations of fall arrest equipment
  - ➔ Review of the OSHA Standard 29 CFR 1926.500-503 including an overview of appendix A-E
  - ➔ Demonstration and examples of fall arrest equipment, such as harnesses and belts, lanyards, anchorage devices, net panels and guardrails
  - ➔ Procedures and polices for rescue

**LOCATION:**  
Chesapeake Region Safety Council  
17 Governor's Court  
Baltimore, Maryland 21244  
**Maps will be sent with confirmations**

**FEE:**  
**\$725** Includes lunches, refreshments, student materials  
**This course available to Safety Council members only. Call 800-875-4770 for membership information**

**THREE WAYS TO REGISTER FOR: OSHA 3110: Fall Arrest Systems - September 12 - 14, 2005**

1. Mail This Form    2. Fax 410-281-1350    3. Call 410-298-4770 in Baltimore - or toll free 1-800-875-4770

Send this form and payment to: **Chesapeake Region Safety Council, 17 Governor's Court, Baltimore, MD 21244**

Registrant(s) \_\_\_\_\_ Company \_\_\_\_\_

Office Use Only # 4510

\_\_\_\_\_ Company Contact \_\_\_\_\_

Title \_\_\_\_\_

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CRSC / NSC Member? Yes, member # \_\_\_\_\_ No \_\_\_\_\_

Make checks payable to: **Chesapeake Region Safety Council**