

OSHA 3110 Fall Arrest Systems



MID-ATLANTIC OTI
EDUCATION CENTER



Howard Johnson's Hotel
1109 Atlantic Ave.
Ocean City, MD 21842

August 30 - September 1, 2010
8:00 am to 4:00 pm
call 1-800-875-4770 for questions

This course provides an overview of state of the art technology for fall protection and current OSHA requirements. The OSHA 3110 Fall Arrest Systems is a required course to earn the Mid Atlantic OSHA Training Institute Education Center's Certification for the Construction Safety and Health Specialist.

Class 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

Class Price:

\$745

Includes:

Lunches, refreshments
and student materials!

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

Class 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 policies of rescue

Prerequisites: All participants must have completed Course #2000, #510, or have equivalent construction training or experience. Industrial hygienists may substitute Course #1010 for #2000. Prerequisites: 21(d) State Consultants: #1500 Basic Onsite Consultation program. Other Federal Agency or Department personnel: Course #6000, or #6010 or demonstrate equivalent knowledge of the OSH Act, procedures, and standards. Private Sector and Other Non-Federal Government personnel: Course #500, #501,

Registration Form:

OSHA 3110 - August 30 - September 1, 2010 - Ocean City, MD

Name(s): _____
 Company: _____ Email: _____
 Address: _____ City, State, Zip _____
 Phone #: _____ Fax #: _____

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Indicate Payment Method:

Check Enclosed Please Invoice Visa Mastercard American Express Discover

Card # _____ CID # _____ Exp. Date: _____ Name on Card: _____

You can mail this form to:

Mid-Atlantic OSHA Training Institute Education Center, ECRI Institute - 5200 Butler Pike, Plymouth Meeting, PA 19462

Call to register: 1-877-700-6212 **Register online** at www.oshamidatlantic.org **Make checks payable to:** ECRI Institute