



# Safety Bulletin EM 385-1-1

Mobile District Safety and Occupational Health Office  
**Fall Protection - Training**

Bulletin 33-09

The 15 September 2008 Safety Manual (yellow book) is now in effect for most new contracts and government operations. Please note the changes for fall protection training as stated below.

## **21.B TRAINING.**

21.B.01 Each worker who might be exposed to fall hazards from heights and using fall protection equipment shall be trained by a Competent Person for fall protection, who is qualified in delivering fall protection training to the workers in the safe use of fall protection systems/equipment and the recognition of fall hazards related to their use, including:

- a. The nature of fall hazards in the work area;
- b. The correct procedures for erecting, using, dismantling, maintaining, and storing fall protection equipment;
- c. The application limits, free fall distance, total fall distance and clearance requirements of fall protection systems and equipment;
- d. Rescue equipment and procedures;
- e. Hands-on training and practical demonstrations;
- f. All applicable requirements from this Section.

21.B.02 Retraining shall be provided, as necessary, for workers to maintain an understanding of these subjects.

21.B.03 The employer shall verify worker training by a written certification record identifying the worker trained, the dates of the training, and the signature of the trainer and trainee.