

*Sample Lesson Plan
Construction Training Program (10-hour)*

Topic: Fall Protection

Overview

The OSHA standard identifies areas or activities where fall protection is needed. It clarifies what an employer must do to provide fall protection for employees, such as identifying and evaluating fall hazards and providing training. Under the standard, employers are able to select fall protection measures compatible with the type of work being performed.

OSHA places its rules for fall protection in several different subparts in the construction standards, depending primarily on the nature of the work. The standard covers most construction workers, except those inspecting, investigating, or assessing workplace conditions prior to the actual start of work or after all work has been completed.

Step 1: Planning the Lesson

• **Instructional Materials.**

1. PowerPoint presentation.
2. Instructor notes.
3. Other materials.

• **Instructional Objectives.**

1. Complete the required topics for the OSHA 10-hour course.
2. Complete the following optional topics:
 - a.
 - b.
 - c.
3. Present *Fall Protection* to [number] participants.
4. Incorporate active participation in each lesson.
5. Provide a quiz or short evaluation at the end of the course.
6. Ensure feedback from participants at various points in the training.

• **Guest Speakers/Presenters and Topics/Responsibilities.**

Step 2: Presenting the Lesson

• **Lesson Introduction.**

Introductory remarks or transition from previous lesson.

- **Learning Objectives/Outcomes.**

Upon completion of the lesson, participants will be able to:

1. List at least four methods of fall protection available to protect workers from fall hazards.

Possible responses.

- Guardrails • Covers • Safety Nets • Personal Fall Arrest Systems

2. State the main criteria that prompts use of fall protection for construction workers.

Possible response.

- When the danger of falling more than 6 feet exists, workers must be protected from falls using the method that best matches working conditions and fall protection requirements found in the standard related to the type of construction being performed.

- **Planned Activities, Discussion, or Participant Interaction**

Step 3: Evaluating Student Learning and Instruction

- **Lesson Evaluation and Comments.**

References

OSHA Standard: 29 CFR 1926 Subpart M (1926.500 to 1926.503)

- www.osha-slc.gov/OshStd_toc/OSHA_Std_toc_1926_SUBPART_M.HTML

OSHA Publications

- www.osha-slc.gov/OshDoc/Additional.html
- 3124 Stairways and Ladders
- 3146 Fall Protection in Construction

OSHA Resources

- Compliance - Fall Protection. Includes OSHA directives, interpretations and compliance letters, OSHA news releases and speeches.
 - www.osha-slc.gov/SLTC/fallprotection/compliance.html
- Electronic Library of Construction Occupational Safety and Health - Safety Standards - Falls.
 - www.cdc.gov/niosh/elcosh/docs/hazard/safety.html
- OSHA Technical Links - Construction: Fall Protection.
 - www.osha-slc.gov/SLTC/constructionfallprotection/index.html

OSHA Resources (Continued)

- Overview for Subpart M - Fall Protection
 - www.osha-slc.gov/Publications/Const_Res_Man/1926sub-m-overview.html
- Video - What's the Fall Distance?
 - www.osha-slc.gov/SLTC/multimedia.html
- Worker Deaths by Falls: A Summary of Surveillance Findings and Investigative Case Reports. NIOSH publication.
 - www.cdc.gov/niosh/00-116pd.html