



COURSE SYLLABUS

Competent & Qualified Person

Fall Protection Certification

⚠️ NATIONAL FALL PROTECTION STAND-DOWN WEEK • MAY 1, 2026

SSH-TRN-FP-SYL-001 v1.0 | Effective: May 1, 2026

Course Information

Course Title	Competent & Qualified Person: Fall Protection Certification
Document ID	SSH-TRN-FP-SYL-001
Date / Time	Friday, May 1, 2026 8:00 AM – 12:00 PM
Location	Malcolm Center, Kihei, Maui, Hawaii
Duration	4 Contact Hours 0.4 CEUs 4 PDHs
Instructor	Seth, SSH Lead Fall Protection Instructor
Delivery	In-person & Virtual classroom lecture, case studies, equipment demo
Assessment	Written post-test — 75% minimum passing score
Prerequisites	None. Open to all experience levels.
Regulatory Basis	29 CFR 1926 Subpart M; 29 CFR 1910 Subpart D; HAR Title 12; ANSI/ASSP Z359

Course Description

This certification course prepares participants to serve as the Competent Person and/or Qualified Person for fall protection programs in construction, general industry, and residential roofing operations. The curriculum is grounded in the regulatory text of 29 CFR 1926 Subpart M — Fall Protection, 29 CFR 1910 Subpart D — Walking-Working Surfaces, and Hawaii Administrative Rules Title 12, with supplemental coverage of ANSI/ASSP Z359 standards. The course applies inspector-level analysis to translate regulatory requirements into operational field practices.

Terminal Learning Objectives

Upon successful completion of this course, participants will be able to:

- Define the legal standards for Competent Person and Qualified Person under 29 CFR 1926.32 and HIOSH as they apply to fall protection programs.
- Identify the regulatory trigger heights and conditions that create an employer duty to provide fall protection in construction (6 feet) and general industry (4 feet or exposure to dangerous equipment).
- Select appropriate fall protection systems — including guardrail systems, personal fall arrest systems (PFAS), safety net systems, covers, warning line systems, safety monitoring systems, and controlled access zones — based on work conditions.
- Conduct a pre-task fall hazard assessment, identify fall hazards, and determine appropriate controls in accordance with the hierarchy of controls.
- Inspect personal fall arrest system components (harnesses, lanyards, SRLs, snap hooks, D-rings, anchors) per 29 CFR 1926.502(d)(21) and ANSI Z359.1, and make removal-from-service decisions.
- Develop or review a site-specific fall protection plan meeting the requirements of 29 CFR 1926.502(k), including identifying locations where conventional fall protection is infeasible and documenting alternative measures.
- Apply Hawaii-specific requirements under HAR Title 12 Chapter 60 and understand how HIOSH State Plan authority interacts with federal OSHA standards.
- Fulfill the competent person's obligation for prompt rescue planning and demonstrate knowledge of post-fall arrest suspension trauma.
- Conduct fall protection training as required by 29 CFR 1926.503 and maintain required written training certification records.
- Apply fall protection requirements to residential construction operations, including infeasibility analysis and the use of alternative protection measures.

Course Schedule

Time	Duration	Module / Topic
8:00 AM	15 min	Welcome, Course Overview, Introductions
8:15 AM	30 min	Module 1: The Regulatory Framework — OSHA, HIOSH, and the State Plan
8:45 AM	30 min	Module 2: Competent Person and Qualified Person — Definitions, Roles, Legal Basis
9:15 AM	30 min	Module 3: Fall Hazard Recognition — Duty to Protect, Trigger Heights, Hazard ID
9:45 AM	15 min	BREAK
10:00 AM	30 min	Module 4: Fall Protection Systems — Guardrails, PFAS, Safety Nets, Covers, Controls
10:30 AM	20 min	Module 5: PFAS Equipment Inspection — Hands-on Component Review
10:50 AM	20 min	Module 6: Warning Lines, Safety Monitoring Systems, and Controlled Access Zones
11:10 AM	15 min	Module 7: Residential Construction — Special Rules, Infeasibility, Fall Protection Plans
11:25 AM	10 min	Module 8: Rescue Planning and Suspension Trauma
11:35 AM	10 min	Module 9: Training Requirements, Recordkeeping, and CP Designation Documentation
11:45 AM	15 min	Written Assessment (Post-Test)
12:00 PM	—	Course Concludes — Certificates Distributed

Module Learning Objectives

Module 1: The Regulatory Framework

- Distinguish between federal OSHA and HIOSH authority under Hawaii's State Plan
- Identify the relevant regulatory standards: 29 CFR 1926 Subpart M, 29 CFR 1910 Subpart D, ANSI/ASSP Z359
- Understand HIOSH's enforcement history in fall protection and common citation patterns in Hawaii

Module 2: Competent Person and Qualified Person

- Recite the regulatory definition of Competent Person per 29 CFR 1926.32(f)
- Recite the regulatory definition of Qualified Person per 29 CFR 1926.32(l)
- Distinguish between the two roles and identify when each is required
- Describe the employer's obligation to formally designate a Competent Person

Module 3: Fall Hazard Recognition

- Apply the 6-foot trigger height rule to construction scenarios per 29 CFR 1926.501
- Apply the 4-foot trigger height rule to general industry scenarios per 29 CFR 1910.28
- Identify hazard-specific fall protection duties: unprotected sides and edges, holes, leading edges, formwork, excavations, roofing
- Conduct a systematic fall hazard assessment of a construction site

Module 4: Fall Protection Systems

- State the construction requirements for guardrail systems per 29 CFR 1926.502(b)
- Describe PFAS component requirements including anchorage, connector, body harness, and deceleration device specs
- Explain safety net system placement, drop-testing, and mesh requirements
- Identify cover requirements for floor and roof holes
- Describe the conditions and limitations for warning line systems on low-slope roofs

Module 5: PFAS Inspection

- Perform a pre-use inspection of all PFAS components: harness, lanyard, SRL, snap hooks, D-rings, anchors
- Identify defects requiring removal from service
- Apply the post-fall arrest removal-from-service requirement per 29 CFR 1926.502(d)(19)
- Calculate anchorage load requirements (5,000 lbs per employee or engineered equivalent)

Module 6: Warning Lines, SMS, and CAZ

- Describe the geometry requirements for warning line systems under 29 CFR 1926.502(f)
- Explain the conditions under which a safety monitoring system may be used alone
- Define controlled access zone parameters for leading edge and overhand bricklaying operations

Module 7: Residential Construction

- Apply the residential construction fall protection rules under 29 CFR 1926.501(b)(13)
- Understand the infeasibility exception and its burden of proof requirements
- Develop a compliant fall protection plan for residential operations per 29 CFR 1926.502(k)
- Apply special rules for roof truss erection, roof sheathing, and exterior wall erection

Module 8: Rescue Planning

- State the employer's prompt rescue obligation per 29 CFR 1926.502(d)(20)
- Describe suspension trauma and harness hang syndrome — physiology, risk factors, and emergency response
- Develop a basic rescue plan for fall arrest situations

Module 9: Training and Documentation

- Apply training requirements of 29 CFR 1926.503 to your organization's fall protection program
- Prepare a compliant written training certification record
- Document Competent Person designation in writing
- Identify retraining trigger events

Assessment

A written post-test of 25 questions is administered at the end of the course. The test covers all nine modules and is open-book — participants may use their course materials and reference documents. A minimum score of 75% (19 of 25 correct) is required for certification.

Participants who do not achieve a passing score on the first attempt will receive a written remediation summary and may request a retake within 30 days at no additional charge.

Certificate of Completion

Safety Services Hawaii issues a printed Certificate of Completion to all participants who achieve a passing score on the post-test. The certificate documents:

- Participant name
- Course name and document ID (SSH-TRN-FP-SYL-001)
- Date of training
- Instructor name and credentials

This certificate supports formal Competent Person designation documentation as required by 29 CFR 1926.503(b).

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