Suspended Scaffold User Safety Training

Objectives: Suspended scaffold users need to be aware of the risks and appropriate safety precautions when working from a suspended Scaffold.	Time _____ Session _____

Time	Instructor Activities	Learning Tasks	Resources
Prior to Workshop	Distribute Learning Modules to students. The five modules that form the base of the program will take between two and three hours to read and complete the self- tests. Students should do this prior to attending the workshop.		Modules N1 – N5
Workshop	Introductions: • List the names of the students • ask what work they are required to do from a suspended scaffold, • what experience they have working from a suspended scaffold, • rigging of suspended scaffold and using fall arrest equipment.	Ice Breaker that determines the level of expertise in the class.	Instructor preference: Flip Chart White Board Over head
	Begin review of Modules, • N1 show photos (or illustrate actual equipment in the shop) of the different types of suspended scaffold, • review case studies of suspended scaffold accidents and the cause.	Introduce the subject: Create interest among the class and a need to know.	Power Point Overheads Or slides or demo equipment in shop (the latter is preferred)
	N2 Introduce equipment and terminology: • give several counter weight formula questions to be worked on in pairs and review the answers and procedure with the class. • Show photos of correct/incorrect use of Parapet clamps and Cornice hooks, (show blocking to protect surfaces and spread load, show how to strap the blocking to prevent it from falling) • Show photo of bridge rigging, roof carts, tank top rollers, rolling	Use Counter Weight formula Become familiar with different support systems Prompt students to identify what is	Counter weight exercises, photos of different support systems correctly rigged and incorrectly rigged.

	track systems, davits, down and under beam, beam roller and beam clamps, slings and chains, roof cars, sleeve holes • Explain spacing and the effects of side loading and how to rig the swingstage the correct distance from the work. • **Emphasize Rated Load Capacities throughout!!!!** • **Emphasize Tie backs!!**	wrong with rigging from photos. How to use? Where to use? Special situations discussion. Show different challenges to tieing back (ie obstacles, angles)	
	Identify the parts of the suspended system (shop demos preferred) Platform parts, Modular scaffold, Fixed Length Stirrups (styles i.e. modular vs fixed length) Rope (Lay, Twist, Core, Strand, Size/Diameter, Strength/Safety factor Rope Hardware (fist grips, Thimble, shackle, Swaged Fittings Motors (single phase 220, single phase 110, 3 phase, Dual volt Air (uses, where to use) Bosuns chair, Work cage Electric Extension cords, yokes (use, installation, power on the job, power drop, boosters, checking power at the outlet) Wall rollers, Roller bumpers (mounting, avoiding damage, rollers and sloping walls) Workers and Materials (loads, rated loads, safety factor)	Show photos (or demo in shop) of the different parts of the suspended system	Photos Exercise labeling the components of a typical swingstage
	Break		

	Fall Arrest system ABC's Show Video Elements of Fall Protection (22 minutes) Anchorage Harnesses (Demonstrate correct/incorrect Harness fit, show different types of Harnesses pros and cons,) Lanyards (styles, pros and cons) Lifelines, rope grabs, (different styles, compatibility, hooking up) Hooks, (double acting, rollout)	Introduce students to the fall protection equipment, force of a fall, correct fit and care of fall protection equipment, appropriate regulations for the jurisdiction. Keeping Lifeline vertical	Module Video Fall Arrest equipment from different manufacturers.
	Hands-on Set up the hands on area into stations, the students should complete the stations in the following order: • Fall Arrest	Students should correctly fit themselves into a harness, identify compatible lifelines and rope grabs, and correctly demonstrate use of the equipment.	**Use Checklist** Harnesses, lifelines and rope grabs from different manufacturers.
	• Wire Rope, clamps,	identify common rope types, inspect wire rope for flaws, Demonstrate correct application of clamps, and use of common hardware, thimbles, shackles	**Use Checklist** Wire Rope J Clamps U Clamps Torque Wrench Defective Ropes Hardware

	• Rigging,	Set up an area where rigging can be demonstrated or simulated. Students should correctly calculate counter weight, position beam on fulcrum, rig suspension rope, tie back, choose suitable tieback anchor etc.	**Use Checklist** Typical beam support systems
	• Platform Assembly	Students should disassemble and reassemble a platform to become acquainted with the platform materials	Modular Platform Guardrail Stirrups Etc. Manufacturers instructions
	• Swingstage operation ○ Show different types of hoists, manual, electric pneumatic ○ Special precautions for Welding rig one side of the stage for welding students can see the differences ○	Students should inspect the stage: Rigging Platform assembly Hoist Rating Rope compatibility Etc. **Students must use Fall Protection to ride the stage** demonstrate the correct operation of a swingstage, and safety mechanisms. **Secondary Brakes** **Controlled Decent**	**Use Checklist** One or two permanently mounted swingstage Demo Welding precautions Hoist instructions Voltage boosters Welding rigging materials - hoist hood - insulators

	• Self-Rescue Optional if you have time Break Review and Questions and Answers, Test instructions, Scanner sheets etc Test (multiple choice, pass mark 80%)	Demonstrate how to access the rope grab and prevent loss of circulation	- etc
Comments: Lunch is not indicated but it is anticipated that a half hour lunch break is provided.			