



## Capital Safety's 2010 Fall Protection Course

### Construction Pro Series: FallPRO

CNA is offering this two-and-a-half day class, normally valued at \$1,300 per person, free to insureds. The class combines lecture style training, including slides and video, with unique hands on scenarios applying theory discussed to practical construction situations. This is an involved course, which expands well beyond basic skills. This training is a pass/fail program incorporating both written and practical examinations.

#### Class Topics

- Hazard Identification and Assessment
- Traditional fall protection (e.g., handrails, guardrails, etc.)
- Fall Arrest Systems (PFAS, nets, safe work zones, etc.)
- Equipment system selection and inspection
- Fall restraint systems
- Rescue as a component of a comprehensive fall protection process

Class size is limited to 10 attendees per class to increase hands-on experience.

#### Comments From Attendees

"This was well worth the trip, the best fall protection training I ever attended. I would recommend it for everyone." – Kent Davis, Regional Safety Director, IES – North Region

"The trainers and coordinators were well organized and very professional. The material and exercises that were presented are applicable to our requirements...The information obtained has already been helpful in determining options for our Fall Protection Systems." – Bill Williams, Pioneer Power

#### Location

Houston, TX

December 7 – 9 Construction - Full

**Fees: Breakfast, lunch, the cost of the course and materials are free.**

Attendees need to pay for their own travel, dinner, hotel and incidental expenses.

#### To register:

**Do not contact Capital Safety directly.**

Please register through Maritza Martinez-Peña at 312/822-4785 or [maritza.martinez-peña@cna.com](mailto:maritza.martinez-peña@cna.com)

#### More information:

Gary Clevenger at 913/661-2865

### Overview of Capital Safety's Training Centers – What to Expect

Capital Safety's training center in Red Wing, Minnesota features a unique, hands-on environment that enables the student to be trained in realistic workplace situations. Real life scenarios are enhanced by the selection of structures within the training center. These include scaffolding, communication towers, confined spaces, sloped roofs, fixed ladders, catwalks, rebar walls, cement forms and steel framework.

This is a great opportunity to enhance your level of competency regarding fall protection in a controlled, safe environment with experts in the industry.