

**Course Required for:**  **Worker Training**

**Purpose:** This course is a requirement for an individual to use or work on a Suspended Scaffold in New York City.

**Duration:** 8 Hours of instructional time, excluding breaks & meals

**Class Size:** 1 – 50 Trainees

**NYC Requirement:** To use or work on a Suspended Scaffold in New York City, an individual must successfully complete 16 hours of user training.

*NOTE: In addition to completing this training course, individuals who use a Suspended Scaffold may also need to possess a Certificate of Fitness from a licensed Rigger or Sign Hanger.*

**Delivery Requirements:** Hybrid training is permissible for courses that contain both Classroom Lecture and Hands-On as the Instruction Delivery Methods.

Where the Instruction Delivery Method indicates:

- **Hands-On:** the instruction must be delivered onsite and in person. The students must physically handle the items during the hands-on.
- **Demonstration:** the demonstration may be delivered either by a person or a video. Video Demonstrations may be delivered by virtual live classroom however, self-study modules are not permissible.
- **Classroom Lecture/ Discussion w AV:** the instruction may be delivered by virtual live classroom; however, self-study modules are not permissible.

**Facility Requirements:** The Training Facility used by the Course Provider must:

- Have sufficient room to accommodate all expected attendees and the equipment needed to perform hands-on exercises where required as part of the course, and
- Make provisions for the presentation of training material in all media types (computer, projector, video/DVD player, etc.); and
- Comply with all applicable laws, rules & regulations relating to occupancy, zoning, egress, fire detection, fire suppression, light, ventilation, cleanliness, sanitary facilities, emergency notification & evacuation procedures.

Training may be held at construction sites, provided the above requirements are met.

**Instructor Requirement:** To deliver this course the instructor(s) must:

- Demonstrate that he or she is credentialed or trained in instructional methods and learning processes. The instructor(s) must also successfully demonstrate his or her ability to solve or resolve problems relating to the subject matter by possession of a recognized degree, certificate, licensure, or professional standing, or by extensive knowledge, training, and experience, in the subject matter being taught. To the extent that the course instructor(s) holds, or has held, a trade license issued by the Department, it must be in good standing and not be surrendered to, suspended by or revoked by the Department and
- Be authorized by the Occupational Safety and Health Administration (OSHA) as a trainer(s) for its Construction and Outreach Program, and
- Comply with all applicable Federal, State, and local laws, rules and regulations, and the Department's Industry Code of Conduct.

**Course Requirement:** All **topics** listed under **Course Content Requirements** must be covered using the listed **Instructional Delivery Method**. The time dedicated to each outline topic should be appropriate for the course content and can vary depending on the trade or job performed by the trainee. The **Instructional Delivery Materials** used in this course must contain all current applicable NYC Construction Code references, current rules, policies and bulletins.

All statistics referenced should reflect the latest publicly available statistics. The selection of Case Studies should prioritize incidents in NYC since the prior renewal period and contain relevant and illustrative photos where available.

Refresher or Renewal Courses should focus on the updates since the prior renewal period.

**Course Content Requirements**

**Instruction Delivery Method**

<p>1. Introduction to Suspended Scaffolds</p> <ul style="list-style-type: none"> <li>• Types</li> <li>• Major Components</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>2. Suspended Scaffold Accidents</p> <ul style="list-style-type: none"> <li>• Common Causes &amp; Prevention</li> <li>• Accident Statistics</li> <li>• Case Studies w/Photos</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>3. OSHA 1926 Overview – Safety &amp; Health Regulations for Construction</p> <ul style="list-style-type: none"> <li>• Subpart E – Personal Protective Equipment &amp; Life-Saving Equipment (PPE)</li> <li>• Subpart L – Scaffolds</li> <li>• Subpart M – Fall Protection</li> <li>• Subpart X – Stairways &amp; Ladders</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>4. NYC Construction Codes Overview – cover all applicable:</p> <ul style="list-style-type: none"> <li>• Codes</li> <li>• Rules</li> <li>• Department-related policy statements</li> <li>• Regulatory notices</li> <li>• Bulletins and Memos including: <ul style="list-style-type: none"> <li>- Title 1 Rules of the City of New York: <ul style="list-style-type: none"> <li>o 104-20 Supervisory Responsibilities of a Licensed Rigger</li> <li>o 104-21 Supervisory Responsibilities of a Licensed Sign Hanger</li> <li>o 104-22 Other obligations</li> </ul> </li> <li>- All NYC Building Codes with emphasis on the scaffold Sections (3314) in Chapter 33 Safeguards during Construction &amp; Demolition</li> </ul> </li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>5. NYC Department of Buildings (DOB) Overview – navigate DOB’s website to cover all applicable</p> <ul style="list-style-type: none"> <li>• Administrative standard operating procedures</li> <li>• Policy &amp; Procedure Notices</li> <li>• Permits/Department Notifications</li> <li>• Forms</li> <li>• Filing and site documents</li> <li>• Plans</li> <li>• Inspection checklists/logs; and</li> <li>• Wind &amp; Weather Advisories</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>6. General Principles of Fall Protection</p> <ul style="list-style-type: none"> <li>• Fall Clearance,</li> <li>• Total Fall Distance Calculations,</li> <li>• Minimizing Fall Forces,</li> <li>• Guarding Against Falling Objects and Tool Tethering</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>7. Personal Protective Equipment &amp; Fall Arrest Systems</p> <ul style="list-style-type: none"> <li>• Selection</li> <li>• Fit Test of Harness</li> <li>• Inspection Procedures</li> <li>• Donning &amp; Doffing Harness &amp; Equipment</li> <li>• Care of Equipment &amp; Systems</li> </ul>	<p>Demonstration</p>
<p>8. Suspended Scaffold Use</p> <ul style="list-style-type: none"> <li>• Safe Use of Tools</li> <li>• Safety Hazards including Fire Hazards</li> <li>• Set-Up/Start-Up Procedures</li> </ul>	<p>Demonstration Demonstration Demonstration</p>

<ul style="list-style-type: none"> <li>• Attach to structurally sound objects with: <ul style="list-style-type: none"> <li>- C-Hook,</li> <li>- Outrigger System,</li> <li>- Pennant &amp;</li> <li>- Parapet Clamp</li> </ul> </li> <li>• Safety Hazard Power Lines</li> <li>• Safe Loading of the Platform</li> <li>• Raising and lowering the scaffold</li> <li>• Shutdown and securing the scaffold</li> </ul>	<p>Demonstration  Demonstration  Demonstration  Demonstration  Demonstration  Classroom Lecture/Discussion w AV  Classroom Lecture/Discussion w AV  Hands-On  Hands-On</p>
<p>9. Hoist, Platform &amp; Rigging Equipment Practices</p> <ul style="list-style-type: none"> <li>• Electrical Cables</li> <li>• Modular &amp; Corner Scaffolds</li> <li>• Special and Unusual Rigging Conditions</li> </ul>	<p>Demonstration</p>
<p>10. Maximum Intended Loads &amp; Capacity Reducing Factors</p>	<p>Demonstration</p>
<p>11. Rope, Knot &amp; Hitch Configurations &amp; Connections</p> <ul style="list-style-type: none"> <li>• Various Applications &amp; Connection Techniques using: <ul style="list-style-type: none"> <li>- Ropes, knots &amp; hitches- night, clove, rolling, timber hitch</li> <li>- Bowline</li> <li>- Sheet bend</li> <li>- Square knot</li> <li>- Additional knots, bends, and hitches</li> </ul> </li> </ul>	<p>Hands-On</p>
<p>12. Wire Rope &amp; Termination Techniques</p> <ul style="list-style-type: none"> <li>• Fist Grip</li> </ul>	<p>Demonstration</p>
<p>13. Basic Rope, Hoist, Block &amp; Tackle and Rigging Set-Ups &amp; Procedures</p>	<p>Hands-On</p>
<p>14. Lifelines, Rope &amp; Cable Grabs</p> <ul style="list-style-type: none"> <li>• Chaffing Gear for Lifelines &amp; Cables</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>15. Electric Motors, Controls &amp; Cables</p> <ul style="list-style-type: none"> <li>• Service Report for the Motors</li> <li>• Pendant/Remote Control</li> </ul>	<p>Classroom Lecture/Discussion w AV</p>
<p>16. Suspended Scaffold Inspections: Equipment &amp; Rigging Hardware</p>	<p>Demonstration</p>
<p>17. Rejection Criteria for Equipment &amp; Rigging Hardware</p>	<p>Demonstration</p>
<p>18. Safety Checklists: Pre-Start, Scaffold Operation &amp; Shut-Down</p>	<p>Demonstration</p>
<p>19. Emergency Situations &amp; Preparedness Procedures</p>	<p>Classroom Lecture/Discussion w AV</p>
<p>20. Handouts</p> <ul style="list-style-type: none"> <li>• <a href="#">NYC Buildings Unsafe Condition (311) Notification Procedure</a></li> <li>• <a href="#">NYC/DOI Buildings Integrity Training Contact Information Sheet</a></li> </ul>	<p>Provide Copy to Trainee &amp; Discuss</p>
<p>21. Review of all Training Topics</p>	<p>Discussion with Questions &amp; Answers</p>
<p>22. Written Assessment</p>	<p>Classroom</p>