

New York City DOB Certificate of Fitness Training for Suspended Scaffolding



Spider is offering Department of Buildings approved Certificate of Fitness Classes to train or recertify your workers on Suspended Scaffolds.

Benefits:

- Improves worker safety awareness
- Helps maintain OSHA compliance
- Helps control accident related costs
- Saves downtime due to operator errors
- Demonstrates commitment to employee safety

Certificate of Fitness Training Class Topics to be Covered Include:

DOB Codes and OSHA Regulations to be explained- I.E Section 9-03 of DOB regulations. “It is the responsibility of the Licensed Rigger to ensure the proper training of the Designated Foreman and the Cert of Fitness for the scaffold workers pursuant to section 9-01 or 9-02, 26-172 of the code.” **To be done via power point presentation, with discussion.**

You will be provided a **general overview** of the NYDOB regulations pertaining to the use of suspended scaffolds.

ROPES—Each worker should have a general knowledge of the care, handling and inspection of all types of ropes associated with the use of suspended scaffold systems. The following knots will be taught for the worker to safely perform his job: **Section will include demonstration and hands on knot tying by class attendees.**

- Bowline
- Square knot
- Clove hitch
- 2 half hitches
- Scaffold hitch
- Night hitch
- Sheep bend
- Timber hitch

FALL ARREST EQUIPMENT—Proper use, inspection and care of fall protection equipment.

SUSPENSION SYSTEM—In depth explanation of various methods used to hang a suspended scaffold system, and why each system is used. Explanation of various applications which require specific **rigging procedures**. Includes **proper method of securing tie back cables**.

ELECTRIC SCAFFOLDS

- Inspection check list for **wire ropes, electric cables, hoist motors and over-speed brakes**.
- Explanation of various types of hoists with **proper wire rope threading procedure**.
- Safety features such as use of **controlled decent** and reset of **overspeed brake** will be covered.
- How to put together a **modular platform**, check for **proper voltage, securing of tools, GFI's**.
- Included in this section will be single point systems such as **bosuns chairs and work cages**.

ROPE FALLS AND BASIC RIGGING

- How to put together a basic set of rope falls.
- Proper method of putting together a scaffold platform, including proper placement of stirrups, selecting the correct size platform, installation of guard rails.
- Protection of the public from falling debris with use of netting on stage.

ROPE SCAFFOLDS—Practicing on rope scaffolds. Lifting scaffolds and mastering the scaffold hitch.

Certificate of Fitness



Facsimile
Attn: CF Training
Fax: 718-326-9835

2010 Certificate of Fitness

Dates:

- July 29 & 30
- August 26 & 27

Location:

Spider Operation Center
58-54 59th Street
Maspeth, NY 11378

Time:

8:00 am—4:00 pm

Cost:

\$550 per person. Includes lunch for both days.

Notes:

- These courses will be offered in English and Spanish.
- The DOB now requires a minimum of 16 hours of training.



Please complete information below and fax to 718-326-9835, Attn: CF Training

Date _____

Attendee Name(s) _____

Company _____

City _____

Office Phone _____

Cell _____

Email _____

Fax _____