



Ladder Safety

Duration: 1 day

Ratio: 1 Instructor: 10 trainees preferably in two groups of 5

Aim:

To provide the theoretical and practical knowledge of safety when using ladders.

Elements: The course will comprise of theoretical and practical instruction covering the following:-

- a. Responsibilities under the health and Safety Law
- b. Management of Health and Safety at Work Regulations 1999
- c. The Provisional Use Of Work Equipment Regulations 1998
- d. Lifting Operations and Lifting Equipment Regulations 1998
- e. The Work At Height Regulations 2005
- f. Basic Ladder Safety
- g. Records and Inspections
- h. Personal Protective Equipment

Knowledge:

On completion of training trainees will have a theoretical understanding of the following:-

- a. Responsibilities under the Health and safety Law and relevant statutory legislation
- b. Common causes of Falls at Height
- c. Organisation and Planning of Work at Height
- d. Selection of Work Equipment for Work at Height
- e. Inspection of Work Equipment
- f. Safety when Using Ladders
- g. Causes of falls from ladders
- h. Precautions when using and selecting ladders
- i. Basic Ladder Construction
- j. Overlap on Extendable Ladders
- k. Records and Inspections and Maintenance of ladders
- l. Ladder Angles
- m. Securing Ladders
- n. Personal Protective Equipment

Skill:

On completion of training the trainees will be able to:-

- a. Check and inspect ladders
- b. Safely use ladders