



COURSE SYLLABUS

Ladders, Stepladders and Trestles Safety

Suitable For:

All personnel who are required to use ladders, stepladders and trestle type work platforms in the workplace.

Course Aim:

This course is designed to raise awareness of the risks involved when using ladders, steps and trestle type work platforms in the workplace and to teach candidates in the correct methods of selecting, inspecting and using the most appropriate and safe means of access for a specific task.

Course Content will include:

- The Work at Height Regulations 2005
- Other relevant legislation (including: The Health and Safety at Work Act 1974, The Provision and Use of Work Equipment Regulations 1998 & The Management of Health and Safety at Work Regulations 1999)
- Work at Height Risk Assessment
- Equipment Selection
- Visual and Physical Inspection
- Most Common Defects Affecting: Stiles, Rungs, Platforms, Tie Rods and Fittings
- Reporting Defects and tagging faulty equipment
- Handling and Carrying the Equipment
- Positioning and Securing the Equipment
- Safe Use of Equipment / Safe Systems of Work
- Correct Storage of the Equipment
- Safety Checklists

The course is a mixture of theory and practical training / exercises.

Course Objectives:

On successful completion of this course, candidates will be able to:

- Interpret the Work at Height Regulations 2005 and other relevant legislation
- Identify the hazards associated with using ladders, stepladders & trestle type work platforms
- Work safely with minimum risk of injury and/or damage to equipment and property, through the correct selection, inspection and use of equipment

Venue: Either on-site at clients' premises or at ITS Training Centre

Duration: Half Day

Candidates: Up to 10 per course

Certification: ITS Certification