

COURSE CONTENT OVERVIEW

Ladder and Stepladder Safety Training



0333 006 7000

www.highspeedtraining.co.uk

This Ladder and Stepladder Safety Training course is designed for anyone who regularly uses ladders or stepladders. It provides an introductory, yet comprehensive, overview of how to safely and competently use ladders and stepladders in various environments.

With proper training, ladder and stepladder users will be able to confidently select, carry out pre-use checks, set up and use ladders and stepladders correctly. Along with the risk assessment, this understanding will reduce the likelihood of accidents happening in the workplace.

Module One: Introduction to Ladder and Stepladder Safety

This module explains the consequences of and common hazards associated with poor ladder and stepladder use, who is at risk, and what the employer and employees are responsible for.

- The importance of ladder and stepladder safety
- The unsafe use of ladders and stepladders
- Who is at risk?

Module Two: Legal Responsibilities

This module explains the regulations that apply to working with ladders and stepladders, including detailed requirements set out in the Work at Height Regulations. It also discusses what workplaces should do if accidents occur.

- Employer responsibilities
- BS EN131 standard
- WAH Regulations
- Employee duties
- Recording of accidents and incidents
- The Health and Safety Executive (HSE) and Local Authorities (LA)

Module Three: Risk Assessment

This module discusses the steps required to carry out a risk assessment of ladders and stepladders, what techniques to use and what hazards to look out for.

- What is a risk assessment?
- Who should carry out a risk assessment?
- Step 1: identify the hazards
- Step 2: determine who may be harmed and how
- Step 3: decide on precautions
- Step 4: record findings and implement controls
- Step 5: review and update

Module Four: Inspection, Maintenance and Storage

This module looks at how to carry out pre-use and detailed visual inspections. It explains who is responsible for carrying out maintenance and repairs and how to properly store ladders and stepladders.

- Pre-use inspections
- Detailed visual inspections
- Maintenance and repair
- Safe storage

Module Five: Setting up Ladders and Stepladders Safely

This module explains how to safely select, set up and secure ladders and stepladders.

- Choosing a ladder or stepladder
- Safe handling techniques for ladders/stepladders
- Setting up ladders safely
- Securing ladders
- Ladders used for access
- Setting up stepladders safely

Module Six: Using Ladders and Stepladders Safely

This module provides a comprehensive explanation of how to use ladders and stepladders safely. It discusses the safe way to use ladder extensions and what PPE may be required.

- Safe use of ladders and stepladders
- Ascending and descending ladders
- Working on ladders
- Extension ladders
- Working on stepladders
- Personal protective equipment (PPE)

Aims of the training

By the end of this course, learners will have a thorough understanding of:

- Why it's important to work with ladders and stepladders safely.
- What the legal requirements are concerning ladder and stepladder safety.
- What everyone's duties are regarding ladder and stepladder safety and who can use them.
- How to carry out a ladder or stepladder risk assessment.
- How to carry out pre-use inspections of ladders and stepladders.
- Detailed visual inspections, maintenance and repair procedures and the safe storage conditions for ladders and stepladders.
- The various safety practices you must follow when using ladders and stepladders, including setting them up, stabilising, transporting and working on them.