Ladder Safety

This Ladder Safety 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 users will be able to confidently select, carry out pre-use checks, set up and use ladders correctly. Along with the risk assessment, this understanding will reduce the likelihood of accidents happening in the workplace.

Module One: Introduction to Ladder Safety

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

- The importance of ladder safety
- The unsafe use of ladders and stepladders
- Who is at risk?
- Employer responsibilities
- Employee duties

Module Two: Legal Responsibilities

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

- The Health and Safety at Work, etc. Act 1974
- The Management of Health and Safety at Work Regulations 1999
- The Work at Height Regulations 2005
- The Provision and Use of Work Equipment Regulations 1998
- Reporting of accidents and incidents
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013
- The Health and Safety Executive

Module Three: Risk Assessment

This module discusses the steps required to carry out a risk assessment of ladders, 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.

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

Module Five: Setting Up Ladders

This module explains how to safely select, set up and secure ladders and stepladders. This includes the EN 131 standard that all new ladders must meet.

- Choosing a ladder or stepladder
- Ladder classifications
- Safe handling techniques
- Setting up ladders
- Securing ladders

Module Six: Using Ladders Safely

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

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