



## Steps & Ladders

### Course Overview

Designed to equip operators of temporary access equipment with the skills to conduct inspections and to recognise and eliminate the dangers of incorrect ladder usage.

### Course Objectives

Updated to reflect the requirements of the Working At Heights Regulations this course gives an appreciation of the hazards, and measures required to control the risks associated with the use of Ladders and Step Ladders.

### Course Content

- To state the main aims of the Health & Safety at Work Act 1974, guidance notes and any associated regulations.
- To enable the user to understand their responsibilities for working and creating safe systems while using this type of access equipment
- Introduction - Why the need for training?
- Health & Safety at Work Act 1974 (sections 2 & 7)
- Work At Height Regulations 2005
- HSE GS31 - Ladders, steps and staging
- BS 1129 1982 - Portable Timber Ladders, Steps, Trestle and staging
- Ladder sections - correct overlap
- Introducing systems of inspection
- Correct ladder angles
- Tying of ladders
- Use of ladders / steps
- Hazards - accidents
- Safe systems of work
- Storage of ladders
- Footing and carrying

### Who Should Attend

This course is designed for all personnel who use steps and ladders

### Number of Candidates per Course

12

### What to bring

High Vis jacket / Safety Boots

### Duration

½ Day

### Course Outcome

Anglia Risk Solutions Certificate of Attendance