OUTREACH
RESCUE



LADDER SAFETY & INSPECTION

Goal:

To provide participants with the foundational knowledge and skills for safe ladder use and inspection.

Target group:

Any workers who are required to work with ladders.
CITB-registered employers can claim grant funding for this training.

Highlights:

- Focuses on practical ladder safety skills and PPE usage for safe height work.
- Includes the recorded inspection of ladders.
- Short course format designed for essential compliance and foundational skills in ladder safety.

Ladder Safety & Inspection

Course length

8 hours (1 day)

Instructor

1:8

Period of validity

3 years

Certification

Outreach Rescue Certificate of Achievement

Venue

Outreach Rescue, Tan-y-Bwlch Centre, Llanllechid, Bangor, Gwynedd, North Wales LL57 3HY. Contact us for delivery options at your site.

Description

This one-day course was developed to address the need for a comprehensive course in ladder safety for any workers required to use ladders for their day-to-day work. The course ensures that delegates are familiar with the legal expectations of the safe use of ladders, and will then learn how to follow best practice with the selection and use of a range of ladder types and associated equipment and safety systems. Delegates will learn how to conduct detailed ladder inspections for pre-use and routine inspections. The course covers leaning ladders, stepladders and fixed ladders, and introduces commonly used safety systems. The course has some classroom sessions on theoretical elements, and then gives ample time for delegates to get hands on with the ladders and use them in a variety of use-cases. The course is assessed and requires delegates to demonstrate their ability through a variety of drills, complete a short multiple choice question paper and to conduct inspections of numerous ladders to confirms learning.

Compliance:

BS 8454:2006, BS 8437:2022, Work at Height Regulations 2005, LOLER 1998, PPE Regulations 2022

Previous knowledge:

No previous knowledge or experience required.

Requirements:

Age 18+. Participants must be fit for training including climbing ladders.
There is a weight limit of 120kg due to equipment ratings

Progression:

Recertification & Refresher training is recommended every 2 years by means of re-attending this course.

Theoretical elements:

- Classroom sessions cover the basics of legal requirements and compliance, common risks, the Work at Height hierarchy how ladders fit into this.
- Delegates will complete a short multiple choice exam which is assessed.

Practical elements:

- This course is predominantly practical, and covers the selection of ladders, safe ladder usage, ladder inspection, fixed ladder safety systems, PPE and setting up leaning ladder safety systems.
- Ladder types used include stepladders, leaning ladders, telescopic ladders, roofing ladders and fixed ladders.
- All specialist equipment is provided.
- All practical elements are holistically assessed throughout the course.
- A detailed ladder inspection is conducted and is assessed.