



Ladder Safety

Duration: ½ Day

Overview: This ½ day awareness course is intended for all those working at height, their managers and supervisors. Falls from height are the single biggest cause of accidental death at work. Many fatal accidents involve relatively low heights, and ladders are particularly dangerous if not used correctly. The HSE have expressed particular concern about some sectors, including Facilities Management, Caretaking, Maintenance, and Transport & Distribution.

The Work at Height Regulations require employers to avoid the need to work at height wherever possible, and to take measures to prevent falls and minimise harm where such work cannot be avoided.

In particular, other methods of access are preferred over ladders, which may only be used in limited circumstances. All work at height must be properly planned. Workers must be trained and competent.

- Content:**
- Falls from Height - Scale of the Problem
 - Work at Height Regulations
 - Avoidance of Risk & Prevention of Harm
 - Planning Work at Height
 - Preferred Methods of Access - Scaffolding, Mobile Platforms, Towers
 - The benefits, limitations and common pitfalls of each of the above
 - Safe Working on Scaffold Towers
 - Appropriate Use of Ladders
 - Ladder Selection & Inspection
 - Ladder Erection & Stability
 - Safe Working on Ladders & Stepladders

(* N.B. The course does not deal with the erection of scaffolding or with the practical operation of Mobile Elevating Work Platforms)

This course is CITB approved and each trainee will receive a certificate of attendance on completion.

For further information please contact us on:

Tel: +44 (028) 9082 5122 | Fax: +44 (028) 9082 5128 | email: info@bemac.info | web: www.bemac.info

Bemac Training Ltd, Unit 10 Nutts Corner Business Park, Dundrod Road, Crumlin, Co. Antrim BT29 4SR