

Training Course Outline

Overview

Course Name:	Ladders and Step Ladders
Duration:	½ Day (4 hours)
Max. number of delegates:	12
Venue requirements (theory session):	Classroom or equivalent area (can be on-stage), with screen/white wall/cyclorama that can be projected on to; tables and chairs; welfare facilities.
Venue requirements (practical session):	Area for practical training that includes a variety of the venue's ladders and step ladders.
Delegates will need:	Steel toe-cap footwear, gloves (recommended)
Delegates will receive:	A Certificate of Achievement
Delegates should be:	Physically fit, not scared of heights (if to be a user), or suffer from vertigo or dizzy spells

Objectives

Using theoretical and practical instruction, and group activities, explain the relevant key legislation and guidance concerning the safe use of ladders and step ladders. The course has been developed specifically for activities carried out in performance spaces, and is suitable for users, supervisors, managers, teaching staff and venue owners.

Course Content

- ✓ Accident statistics
- ✓ Key legislation
- ✓ HSE Guidance and information
- ✓ The definition of working at height
- ✓ Selecting the right equipment
- ✓ Ladder and step ladder examples and uses
- ✓ Safety considerations
- ✓ Pre-use and periodic inspections
- ✓ How to set up and use the ladder or steps
- ✓ Competent users
- ✓ Practical session – setting-up, climbing and footing
- ✓ Assessment

