

# Safe Working at Heights (Ladders & Steps Specific)

**Course Duration : 1 day**

## **Course Content:**

- Guidance and requirements for compliance with the 2005 Work at Height Regulations.
- Working at height Hierarchy or Control
- Working at height risk assessments
- Competence requirements for work at height
- Selecting the most suitable equipment—Ladders, steps, podiums, folding mini-scaffolds, PASMA guidelines for mobile scaffolds, Mobile elevated work platforms (cherry pickers, scissor lifts), roof work
- Safe use, storage and maintenance of ladders and stepladders
- Practical exercises in use, inspection and maintenance of ladders & steps
- DVD presentation for safe working at height

## **Who should attend:**

- All employees involved in the planning, organising, designing, purchasing, performing of any work at height
- HSW have found that “lack of planning and organising” is the major cause of falls from Heights
- Companies requiring guidance on the use of ladders and stepladders

## **Benefits of Attendance:**

- This course will help Employers to demonstrate compliance with their statutory duty to ensure that all employees must be competent in the work they are asked to perform.
- Falls from height are the biggest cause of fatalities in industry and the guidance provided on this course will help your employees to work safely at height. An understanding of the legal situation re: safe use of ladders & steps.

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IOSH Accredited Course

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