ADAPT (UK) TRAINING SERVICES LIMITED

Adequate **D**evelopment **A**chieved *from* **P**rofessional **T**raining

Tel – 0151 549 0549 **info@adapt-training.co.uk**

Course Title

N711 – Safe Use of Ladders

Course Introduction

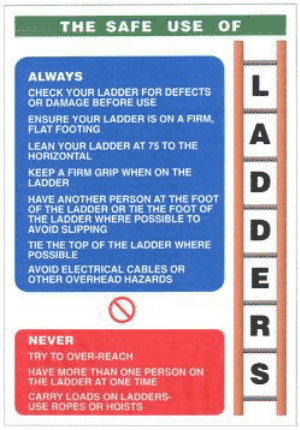
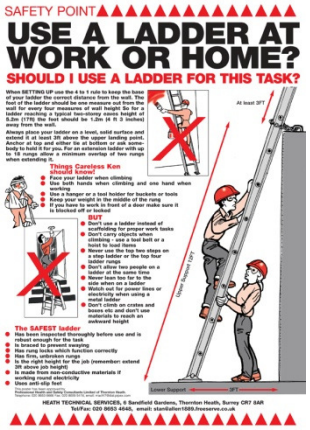
This course is to enable delegates to identify and select the correct ladders and be able to inspect, maintain, monitor, fit and use them effectively.

Who Should Attend

Any person who is required to use height personal protective equipment within the scope of any working activity they are employed to carry out.

Course Content

- **Health & Safety at Work Act 1974 (sections 2 & 7) Work At Height Regulations 2005**
- **RIDDOR Regulations 1995**
- **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**
- **Assessment paper**

Course Durations

Safe Use of Ladders is conducted for a maximum of 10 delegates per half day course.