

# Leaning Ladder & Flat Roof Candidate Course

## Who should attend?

This course is designed for individuals working from leaning ladders that have already been trained to use and inspect those ladders but are currently operating without any means to prevent a fall.

## Course Aims:

We aim to provide each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment with leaning ladders when accessing property elevations and using work restraint processes on unprotected flat roofs. During this training candidates will be introduced to items of personal fall protection equipment which always enables the individual to safely reach their working position maintaining 3 points of contact.

## Pre-requisites:

Training and experience in the use of ladders including user inspection. Each attendee requires a Tetra leaning ladder & flat roof kit. All attendees must be medically fit to attend – Completion of a medical statement sheet is mandatory. Delegates be fluent in English.

## Course information:

1 day duration, maximum 6 people.

## Materials:

Candidate Manual will be issued to each attendee.

## Certification:

A certificate & ID Card will be issued upon successful completion of the course and assessments. This will be valid for 3 years from date of course.

## Course content includes:

- An appreciation of UK legislation including the Work at Height Regulations.
- Understanding the difference between fall arrest/work restraint and the importance of correct anchorage.
- Understanding the method for fitting, usage & user inspection of equipment specified for this course, including the system limitations.
- Appreciate the standards for flat roof safety and the hazards to be avoided.
- Understand the access methods for ladders on elevations and flat roofs, including the requirements for self-rescue.
- Know the different methods for anchoring the leaning ladder system.
- Demonstrate the method for securing and using FPE on leaning ladders.
- Demonstrate the process and transfer methods for the fall protection equipment used for gaining safe access to flat roofs.
- Completion of a written assessment to confirm understanding of course content.

## Training Methods

We will combine theory and practical training methods to ensure delegates receive the information required in preparation for their assessment. Printed course material, practical demonstrations and hands on training will be conducted throughout the course.

All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.