

# Leaning Ladder 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 using them 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 or structures. During this training candidates will be introduced to items of personal fall protection equipment that 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 Kit.
- All attendees must be medically fit to attend—completion of a medical statement sheet is mandatory.
- Delegates must meet the minimum age of 18 years and be fluent in English.

## Course information:

1-day duration, maximum 8 people.

## Certification:

Certification and 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.
- Outline of the access procedures for portable leaning ladder usage.
- Completion of practical exercises, fitting equipment and securing the ladder.
- Conducting a practical ladder exercise at a height of approximately 6 metres (Guidance height only)
- Self Rescue Awareness
- Completion of a written assessment to confirm understanding of course content.

## Training Methods:

This training course combines 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.