

# Leaning Ladder & Flat Roof Instructor Course

## Who should attend?

This course has been developed for in company training instructors whose business has already trained their employees to use and inspect leaning ladders but currently use these without any means to prevent a fall.

## Course Aims:

We aim to provide each attendee with the underpinning knowledge and practical skills to safely train their company employees to use fall protection equipment on 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 will enable the individual to safely reach their working position maintaining three points of contact.

## Pre-requisites:

Each attendee requires a Tetra Leaning Ladder & Flat Roof Kit and must be familiar with WAH practices using ladders. Prep work will be required overnight between day 1 & 2. All attendees must be medically fit to attend – completion of a medical statement sheet is mandatory.

## Course information:

2-day duration, maximum 6 people.

## Materials:

Instructor guide & Fob will be issued to each attendee.

## Certification:

Certification & 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:

### Day One

- Introduction to the instructors guide including its structure and content.
- Instructor delivery and analysis of the session on UK legislation.
- Demonstration of the harness fitting session and review with instructors guide.
- Instructor delivery and analysis of the session on Fall Classification and Effect.
- Instructor lead session covering the usage and fitting of fall protection equipment, the ladder securing process and access procedures.
- 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
- Instructor delivery and analysis of sessions on roof safety and access procedures.
- Conducting a practical ladder exercise and transfer method for accessing a flat roof.
- Allocation of overnight tasks including open book written assessment.

### Day Two

- Candidate delivery of 1-1 instruction.
- Candidate delivery of Practical sessions.
- Candidate delivery of Theory sessions.
- Instructor lead session covering the equipment user inspection process

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.