



# Safe Use and Inspection of Ladders and Steps



## Introduction

The Working at Height Regulations require all those involved with working at height activities to be trained and competent. Working from either ladders or step ladders, can be potentially dangerous. This course is aimed at improving knowledge and enhancing ability to use and inspect steps and ladders safely.



## Course Duration

SSG offer this training as a two-hour course.



## Who Should Attend

Any person required to use or inspect ladders and steps during the course of their work. The course is equally suitable for all industries. There are no prerequisites for delegates attending this training course.



## Course Programme

- Course introduction
- HSE Statistics for working at height
- Health and safety law
- Risk assessment
- Ladder and step ladder safety
- Common defects found with ladders and step ladders
- Practical exercise
- Course feedback and close



## Certification and Assessment

Delegates will receive an SSG certificate of attendance.



### Suggested Follow on and Complementary Courses

- PASMA Towers for Users
- Working Safely at Heights