**WAH Essentials-Ladders and Step Ladders for Operatives**

Delegates will gain practical and theoretical instruction for those who wish to equip themselves with the knowledge, skills and competence necessary to formally inspect, deploy ladders and step ladders legally and safely in the workplace.

**Personnel to attend:** The Ladder and Step Ladder Course is aimed at personnel who are or will be responsible for formal inspection and use of Ladders and Step Ladders in the work place.

* Introduction
* All relevant Regulations -HSWA 1974-WAHR-2005-PUWER
* Risk assessment for ladders
* Safe systems of work/Method statement for ladders
* Selection of ladders-the correct ladder for the task
* Suitability for tasks
* Triple/double Extension-commercial
* Roof/CAT ladder
* Wooden-site based rot
* Fibre glass-electrical uses
* Step ladders
* Industrial ladders-ropes pulleys manual handling
* Fixed access ladders-mounts
* Ladder classifications class 123
* Ladder standards EN/CE
* Understanding Ladder inspection tags
* Documenting inspections
* Ladder components-feet rungs stiles-ropes-locking hooks platforms, hinges, labels
* Inspection of components-look feel and functions
* Identifying defects-cracks, distortion, corrosion, rot, twisting, impact, dents, crushing, punctures, worn/damaged feet, chemical paint/damage
* Reporting and removal for service-your responsibilities, prohibition notices, destruction
* Industry Guidance

**Level 1-Extension Ladder Restraint with Fall Arrest Equipment**

The Ladder Restraint with Fall Arrest Coursedelivers both theory and practical instruction and addresses the working at height requirements when using portable ladders for short duration access.

The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment with leaning ladders to aid in the safe use of ladders. The Ladder Safety system enables the ladder user to maintain 3 points of contact while ascending/descending the ladder and operating at height.

**Personnel to attend:** The Ladder restraint/fall arrest course is aimed at personnel who are or will be responsible for use of Ladders and Step Ladders in the work place where the risk of a fall from height is controlled using a fall protection system.

* Introduction
* All relevant Regulations -HSWA 1974-WAHR-2005-PUWER-
* Legislation
* Harness use
* PPE selection and use
* Risk assessment for ladders
* Risk assessment for roof ladder
* Safe systems of work/Method statement for ladders
* Selection of ladders-the correct ladder for the task
* Suitability for tasks
* Securing and stabilizing the ladder
* Anti-slip mats
* The fall protection system
* Fall arrest rope grab and lanyards
* Inspection of all PFPE
* Setting up the ladder securely
* Moving ladders horizontal and vertically
* Eye bolts/anchors and straps
* Assessing anchor materials
* Protecting members of the public

**Level 2- Pitched Roof and Flat Roof Ladder Access Safety System Course**

This course delivers both theory and practical instruction and addresses the working at height requirements when using portable ladders for short duration access. The roof Ladder course addresses the working at height requirements when using portable ladders and roof ladders for short duration access.

The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment with leaning ladders to cover both property elevation and pitched roof access. The course enables the leaning ladder user to maintain 3 points of contact while ascending/descending the leaning ladder and roof ladder.

**Personnel to attend:** The Roof Ladder Courseis aimed at personnel who are or will be responsible for the safe use of leaning ladders and roof ladders in the work place. This course is completed after level 1 has been undertaken

* Introduction
* All relevant Regulations -HSWA 1974-WAHR-2005-PUWER-
* Securing access ladders
* Accessing a pitch roof using CAT ladders
* Accessing a flat roof using fall arrest and restraint
* Safe working area on flat roof
* Self-rescue from suspended positions
* General principles for work at height
* Applying fall arrest ladders system in unusual situations
* Weather/ground and environmental conditions
* Risk assessment and safe working methods

**Level 3 Working at Height Flat Roofs-“Mansafe” Systems**

This course delivers both theory and practical instruction and addresses the working at height requirements when working on flat roofs. The flat roof course addresses the working at height requirements when accessing flat roofs for access, mainatnce and repair.

The course provides each candidate with the underpinning knowledge and practical skills to safely use fall protection equipment to access working positions at height on flat surfaces.

**Personnel to attend:** The courseis aimed at personnel who are or will be responsible for the safe access and egress of flat roofs and who may be required to connect Personal fall protection systems already in place on the roof.

* Overview of relevant legislation-HSWA 1974 Work at Height Regulations 2005
* Risk assessment and hierarchy of controls for work at height
* Accident statistics
* Identifying hazards of flat roofs
* Correct donning of harnesses and lanyards
* Harness pre-use inspection
* Lanyard pre-use inspection
* Working on walkways/balconies
* Fall arrest/ fall restraint principles
* Flat roof access and egress
* The 2metre rule
* “Latchway” & “Mansafe” Horizontal work restraint systems
* Inspection of Roof top restraint systems and relevant certification
* Inspection and use of your PPE and PFPE
* Practical demonstration/use of work restraint systems on flat roofs
* Assessment of learning

**WAH EQUIPMENT INSPECTION & AUDITING**

This theoretical and practical course incorporates the guidance on inspection regimes. The Personal Protective Equipment at Work Regulations 1992 require employers to maintain fall arrest equipment in good repair.

It is recommended that formal, in-depth inspections should be carried out and recorded periodically at minimum intervals of every twelve months by a competent person. This course is aimed at providing the competence required to complete both interim and detailed inspections and record the findings on a range of commonly used fall protection equipment.

**Personnel to attend:** This course is aim at operative’s supervisors and managers who have duties under the relevant regulations to maintain and inspect and record WAH equipment inspections

* Introduction
* All relevant Regulations -HSWA 1974-WAH regulations-2005-PPE regulations 1992, construction regulations
* Types of harness and lanyard
* EN/CE numbers
* ID labels
* Polyester webbing
* Rips
* Nicks
* Tears
* Burns heat damage
* Uv damage
* Abrasions
* Chemical/solvent
* Penetrations
* Mold
* Excessive wear
* Stitching
* Sternum/dorsal D-rings
* Rear spreader plate
* Buckles and fasteners
* Fall load indicators
* Rip/nick indicators
* Id label
* Karabiner
* Scaff hooks
* Rope and webbing material
* Shock absorbers
* Karabiner inspection Check body for corrosion, distortion, twisting, elongation, excessive wear, chemical penetration, excessive loading, abrasions, crush and

**WAH CONSTRUCTION INDUSTRY-FALL ARREST/FALL RESTRAINT**

**This course** delivers theory and practical instruction and assessment, providing delegates with a good understanding of the principles for using Personal Fall Protection Equipment (PFPE) in the construction and engineering industries.

This course also provides each delegate with a base theoretical knowledge of the work at height regulations required to effectively reduce the risks associated with working at height, the hierarchy of control measures and using personal prevention and protection systems for fall restraint, work positioning and arrest.

**Personnel to attend**: This course is aimed at personnel who are or will be responsible for using safety harnesses, lanyards and associated P.F.P.E (Personal Fall Protection Equipment) in the construction industries.

* Introduction
* Regulations
* Hierarchy of controls
* Risk assessment for work at height
* EN 795 anchorage
* Temporary anchors
* Lifelines en795 textile/cable/fixed
* Fall restraint
* Fall arrest
* Fall factors
* Fall clearance distances
* Pendulum effect
* Harness inspection correct donning
* Correct storage and cleaning
* Lanyard inspection
* Rescue

**SUSPENDED WORKER RESCUE AND EVACUATION- CONSTRUCTION INDUSTRY**

**This course** delivers theory and practical instruction and assessment, providing delegates with a good understanding of the principles for enacting a rescue and evacuation of a worker who has become suspended after a fall from height in the construction and engineering industries.

This course also provides each delegate with theoretical and detailed practical knowledge of the rescue and evacuation of suspended workers using the GOTCHA rescue system.

**Personnel to attend**: This course is aimed at personnel who are to be nominated rescuers. This Course requires delegates to have advanced knowledge in work at height, and who have attended WAH construction courses previously. l assessment

* The Work at Height Regulations 2005
* Awareness and understanding of rescue pack contents and function
* Pre-use check of rescue equipment
* Rescue plans
* Awareness of possible hazards
* Selection of suitable anchor points
* Abrasion and edge hazards
* Methods of equipment operation
* Control during lowering and raising suspended workers
* Medical effects of suspension
* Practical assessment

**MOBILE SCAFFOLD TOWERS**

Mobile scaffold towers coursedelivers both theory and practical instruction and addresses the working at height requirements when erecting, dismantling, moving and using mobile towers. The course provides each candidate with the underpinning knowledge and practical skills to safely use mobile towers.

**Personnel to attend**: This course is aimed at personnel who are to use erect move or dismantle mobile towers.

* Introduction to mobile access towers
* Regulations and standards
* Tower types
* Tower components
* Tower assembly
* Tower hazards
* Stability and safe use of towers
* Repositioning towers
* Alteration of towers
* Tower inspection
* Tower tagging
* Care and maintenance
* Tower dismantling
* Correct Storage
* Practical Assessment-erection access alteration movement and dismantling