

**COURSE TITLE: Working at Height with Steps and Ladders**

**COURSE REFERENCE:** 205.1     **DURATION:** 4 Hours (Recommended Minimum Duration)

**COURSE AIMS** This course aims to provide employees working within the Highway Electrical Sector the underpinning skills required to carry out correct methods of access to fix above ground equipment.

**PREREQUISITES:** In order to gain maximum benefit and learning outcomes from this course there are a number of training modules, which are required before attending. A complete list of pre-course requirements is shown in the Contents.

**ASSESSMENT:** A summative assessment consisting of an onsite practical and written theory will follow the completion of this course.

**OBJECTIVES:** On completion of the course learners will:

- Define working at height
- Follow associated organisation procedures and method statements.
- Carry out an inspection of the ladders / steps
- Complete hazard and risk assessment documentation.
- Identify the correct method for planning and gaining access.
- Identify and use correct PPE.
- Demonstrate correct use of other safety equipment.

**COURSE TOPICS:**

- Organisation procedures and method statements.
- Inspection of access equipment
- Using ladders and / or step ladders
- Other access equipment
- Work at Height Regulations
- Safety equipment.
- Setting and positioning of ladders, including correct methods of securing (demonstration)

**PRACTICAL:** To enable maximum learning and benefit from this course, there will a number of exercises. These m