

Ladder Safety

Course Description

This online course shows the actions you need to take to ensure the safe use of ladders and stepladders in the workplace.

Statistics covering ladder-related deaths and injuries will highlight the importance of ladder safety.

We'll examine OSHA ladder standards, before detailing the types of ladders used in the workplace from step stools through to extension and access ladders.

A Ladder Risk Assessment Checklist can be downloaded to use before working with any ladder.

We'll discuss OSHA's Guidelines for safe ladder structures, and how to choose the right ladder for the job.

There's practical information about conducting ladder and stepladder inspections and how to record your findings on tags.

We'll cover the safety aspect of the environment in which the ladder will be used and ways in which ladders can be secured.

You'll learn how to position a ladder at a safe angle, and how to deal safely with overhangs and extension ladders.

Step ladder safety is important too, and we'll examine all the appropriate safety guidelines.

Finally we'll look at fall protection systems, and show how to move and store a ladder.

Learning Objectives

By the end of this course, you will be able to:

- Understand the standards of Ladder Safety as detailed in OSHA.
- Learn to use a Ladder Risk Assessment Checklist.
- Understand Ladder related deaths and injuries and their causes.
- Identify and learn to recognize hazards and implement regular inspections.
- Apply Fall Protection Systems.

Target Audience

This course is aimed at workers who will use ladders as part of their day-to-day work as well as their supervisors and managers.

Advantages

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training around their work and personal life.

Modules

Course	Module Number	Module Name	Pass % Required
Ladder Safety	1	Introduction	70
Ladder Safety	2	Choosing a Ladder	70
Ladder Safety	3	Inspections and Safe Environments	70
Ladder Safety	4	The 4-1 Rule	70
Ladder Safety	5	Ladders and Fall Protection	70
Ladder Safety	6	Types of Ladders	70

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

Duration: 55 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*