

Introduction

Ladders and stepladders need to be used with care. Each year, on average, ladders and stepladders are involved in a third of falls from height, **1,200 major injuries** and **14 deaths**. This course aims to help you work safely with stepladders or leaning ladders. There are rules that anyone using ladders or stepladders should be aware of, such as how to position ladders securely, how to check ladders for damage and when stepladders or ladders should not be used to ensure the user's safety.

Who it is for

This course is for anyone in the workplace who may be required to use a ladder or stepladder occasionally for light tasks.

Course aim

This course aims to help the learner work safely with stepladders or leaning ladders.

Course content

This online course covers the following topics:

- Statistics
- Regulations
- 3 rules for working at height
- Legislation
- The 5-step risk assessment
- Types of ladders
- How to use leaning ladders and stepladders safely
- Who should use a ladder or stepladder?

Course duration

The average time required to complete this course is approximately **30 minutes**. However, it is designed to go at the pace of the learner and more time may be taken if necessary.

Assessment

The course has a short quiz at the end of the learning. The formal online assessment consists of **15 multiple-choice questions**. To be successful, candidates must achieve a **75% pass mark (12 or more)** to obtain the certificate.

Certification

On successful completion of the assessment, the candidate will be able to print/save their certificate. In addition to this, an e.mail is sent to the candidate containing a link to the certificate. This is the simplest, most convenient way to achieve compliance. Also, a QR code has been added to the certificate, which can be scanned by a smartphone to establish the certificate's validity.

For further information relating to this or any of our online courses, contact:

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