



## **Basic ladder safety**

### **Course includes:**

Manual  
Certificate valid 3 years

### **Duration of the course:**

6 hours

### **Course contents:**

- Course information
- Occupational Health and Safety Act, No. 85 of 1993
- Personal safety equipment and facilities
- Ladders
- Work in elevated positions
- Roof work
- Hazards associated with ladders
- Categories of ladders:
- Types of ladders:
- Choosing the Right Type of Ladders
- Ladders and the work environment
- The proper ladder length must be selected.
- Consider the duty rating of ladders.
- Electrical Work
- Three points of contact
- Know Yourself
- Know Your Environment
- Know Your Ladder
- Points to be observed when using a ladder.
- Personal Protective Equipment (PPE)
- Ladder DO's
- Ladder DONT's
- Basic ladder tips to keep you safe
- Ladder inspections
- Fixed ladders
- Portable ladders
- Reporting of a Defect
- Ladder Inspections
- Rules for the Maintenance and Use of Ladders
- What is the proper way to store ladders?
- What should you avoid when storing ladders?
- What happens when you get injured on duty?