

TRAINING COURSE



Product ID: RGT2:LA

Description: Fixed Ladder Access

Prerequisite – Must meet the minimum age of 18 years and must be fluent in English. Delegates must show evidence of their competency for working at height. It is advised that anyone attending the course has completed the 'RGT1 Fall Protection Equipment, Awareness & Inspection' or equivalent recognised course. Delegates must be physically able to carry out the practical elements of the course.

Course:

This half day training course is intended to provide the theoretical and practical knowledge on how to correctly climb fixed access ladders, using work positioning and fall arrest techniques. Our fixed ladder access course includes the use of a variety of fall protection equipment. This course also gives the delegates an understanding of how to store and maintain equipment.

Course Objectives:

This practical course provides awareness of the range of fall protection equipment, together with practical training on the use of the equipment. The course will identify the dangers when working at height and give the delegates an understanding of suitable anchor points and rescue requirements.

Who will benefit?

All personnel in your organisation involved with climbing fixed ladders with the protection of height safety PPE.

Course Content:

- Legislation / guidance
- Mechanics of a fall
- Physics involved during a fall
- Fall factors
- Correct selection of fall protection equipment (includes common hazards associated with different equipment types including practical exercise)
- Pre-use inspection of equipment (includes practical exercise)
- Anchor points and devices
- Safe use of safety harnesses & lanyards
- Vertical fall arrest systems
- Safe use of fall arrest blocks
- Temporary vertical lines
- Equipment compatibility
- Correct working methods
- Work positioning techniques
- Fall arrest techniques
- Rescue requirements
- Storage & equipment care

Training Methods:

Lectures, printed course material, practical demonstrations and hands on exercises in inspecting, checking and setting up work positioning and fall arrest systems.

All training is designed and delivered to meet BS 8454:2006 code of practice for the delivery of training and education for work at height and rescue.

Certification:

Successful delegates will receive a 3 year RidgeGear certificate

PPE Requirements:

Delegates must provide their own comfortable clothing, protective footwear, protective gloves and prepare for all weather conditions. Delegates may be required to provide their own PPE but this will be communicated by RidgeGear in the planning stage of training.

Course duration / Number of delegates:

The course is designed for up to 6 delegates at any one time and is held over half a day, typically 09:00 – 12:00 and 13:00 – 16:00.

