



# NewGrange

TRAINING & SERVICES LTD

*Better People, Better Business®*

## Safety at Heights/Ladder Safety

**This aim of this full day course is to provide delegates with the theoretical and practical instruction on safely working at heights.**

### **Who should attend?**

All staff who are required to work at heights as part of their job.



- Course Location:** On-Site at your premises
- Course Duration:** 1 Full Day, 9.30am-4.30pm  
(date to suit you)
- No. of Delegates:** 10 delegates max

### **Course syllabus covers:**

- Course opening and ice breaker
- Legislation concerning the use of fall arrest/prevention equipment
- PPE Regulations
- Working at Height Regulations
- PUWER 2
- Pre use inspection of equipment
- Correct method of wearing of equipment
- Support and fixing methods
- Engineered and improvised anchor points
- Suspension trauma
- The need for rescue

### *Practical demonstrations of fitting and securing items*

- The ladder safety and inspection element
- A general look at the new Legislation and its interpretation
- Ladder structures, types of material, setup procedures, tying off, footing, new devices for ladder security
- Operative pre-use checks
- Short and long term storage

### **Delegates Receive:**

Course notes  
Certificate of Training  
Course Materials

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