



# WORKING SAFELY AT HEIGHTS

**Course Number**  
SC0224

**Validity**  
3 Years

**Duration**  
1/2 Day

**Assessment**  
Formal

**Working at heights is a routine aspect of many staff roles. This course provides knowledge and understanding to enable them to work safely at height using leaning and step ladders. Towers/platforms are not considered within this course.**

## Introduction

- Introduction and course overview

## Course Contents

- Working at height regulations
- Classification of ladders
- Parts of a ladder
- Check list for pre-use
- Ladder inventory and identification
- Activities suitable for ladder use
- Site selection
- Safety words
- Correct methods for ascending and descending
- Practical use and use of anti slip and levelling devices
- Course evaluation

### Suitable for:

Care, Education  
and Commercial

