





Basic Ladder Awareness



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Understanding how to use a ladder safely and carry out your work activity with care is essential for all types of workers. This course looks at the Work at Heights Regulations (WAHR) which is aimed to reduce injuries and fatalities whilst using a ladder.

Test and Certifications:

At the end of the course you will be given a test of 20 multiple choice questions. The required pass rate is 85%.

You will be able to download and print (if required) a digital certificate on completion of the course.

Main course certificates last 3 years. (Refresher courses are available and recommended every 12 months).

Who is this training for?

The course is suitable for employees of all levels, including full-time and part-time workers, managers and supervisors who are required to use ladders or step ladders as part of their job role. The course is designed as an introduction to ladder safety and so no prerequisites are needed.

What does the course cover?

Introduction to ladder safety.
Legal Responsibilities.
Risk assessment.
Using a ladder safely.

Training Outcomes:

Understand the legislation relating to using ladders at work and working at height.
Know how to undertake a risk assessment of the work activity
Understand the best practice for using a ladder safely and learn the importance of pre-use inspections, maintenance, safe storage and safe handling.
Have knowledge of responsibilities in relation to Work at Height Regulations.



Video Presentations.



Interactive games.



Test and Certification.

“Falls from ladders account for an average of 14 deaths per year (averaged over 6 years) anyone at work who uses or specifies the use of ladders needs adequate information and training so that they understand their limitations and safe use.”

Health and Safety Executive - HSE

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