



WAH – ZGT64

Fixed Ladder Access & Rescue

COURSE OVERVIEW

This training course provides both theoretical and practical training required for persons who are required to access Silo's, Water towers, rooftops, flat roofs and structures via fixed ladders greater than 2.5m. Delegates will be taught both safety access and rescue techniques using standard or delegate specific fall arrest systems This course is delivered in accordance with BS8454-2006 Code of practice for the delivery of training and education for work at height and rescue.

Pre-requisites

Delegates must be medically fit to work at height.
Must be 18 years of age.

Who Should Attend?

This course is aimed at those people who may be required to access flat roofs, working platforms and gantries via fixed ladders. These ladders may be open unprotected ladders, hooped ladders or ladders with vertical fall arrest systems fitted.

COURSE OBJECTIVES AND CONTENT



- Introduction, Legislation, Standards & Guidance
- Identification of hazards and assessment of associated risks
- Hierarchy of controls for working at height
- Personal Fall Protective Equipment - Characteristics and Limitations
- Pre-use inspection and care for PFPE
- Fitting and adjusting harnesses and associated equipment
- Identification and selection of suitable anchor points
- Single line restraint techniques
- Climbing and descending fixed ladders using twin lanyards
- Climbing and descending fixed fall arrest systems
- Planning for rescue
- Rescue equipment- Characteristics and Limitations
- Suspension Intolerance - what is it and how to deal with it
- Rescue of a casualty suspended on a ladder from fall arrest lanyards and fixed fall arrest systems using company specified rescue equipment/device

Certification

All delegates receive a certificate and ID card valid for 2 years.

Course Ratio / Duration

6:1 (6 delegates to 1 instructor)
8 guided learning hours i.e. 1 day

TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
or email us at: training@zerogravitysafety.co.uk