



# TC8

## Fixed Ladder Access & Rescue

### Ratio

4 students to 1 instructor

### Duration

1 day

### Overview

The aim of this course is to provide those attending with a comprehensive understanding of the requirements for accessing fixed ladders and the requirements for rescue from them. The course is a blend of theoretical knowledge and practical skills. The course is pass / fail. Delegates will be assessed on theoretical knowledge and practical skills.

### Certification

Students will receive two certificates - one for the access module and one for the rescue module. Fixed ladder access is valid for 2 years; fixed ladder rescue is valid for 1 year.

### Prerequisites

Those attending must be medically fit with a head for heights.

### Standards

Upon request, training conforms to the provisions established by applicable EN standards.

### 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 & Content

- Health and safety legislation and standards
- 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