



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Standards
- b) Why Training

2) Ladder Styles

- a) Portable Ladders
- b) Self-Supporting
- c) Non-Self Reporting
- d) Specialty Ladders
- e) Fixed Ladders
- f) Job-Made Ladders

3) Inspections

- a) Pre-Shift
- b) Portable Inspection
- c) Labels
- d) Structure
- e) Fixed Inspection
- f) Fixed Regulations
- g) Fixed Clearance
- h) Ladder Well
- i) Safety Enhancing Devices
- j) Landing Platforms
- k) Fixed Extensions
- l) Exemptions

4) Safe Operations

- a) Know Your Equipment
- b) Choosing a Ladder
- c) Training
- d) Manufacturer Manual
- e) Inspection
- f) Daily Use



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- g) 3-Point Contact
- h) Extension
- i) Tie-Off
- j) Scaffolding
- k) Take-Down
- l) Know Your Worksite
- m) Set-Up
- n) Slopes
- o) Electrical Wires, Obstacles
- p) Barricades
- q) Tool Belt
- r) PPE

5) Hazards

- a) Falls from Heights
- b) Electrocution
- c) Dropped, Falling Object
- d) Distractions
- e) Fatigue
- f) Weather
- g) Emotional/Physical Health

6) Conclusion