

COURSE TITLE: Ladder Safety

COURSE DURATION: 1.0 Hours

OVERVIEW: This hour course will cover Federal and Oregon OSHA's requirement for portable ladders, definitions/terms of ladders, and best practices in selecting, inspecting, and setting up ladders for safe working practices.

Lesson Title/Subject	Section	Time/Length
Introduction	1	5 minutes
OSHA Req. for Ladders	2	10 minutes
Choosing Proper Ladder	3	10 minutes
Common Ladder Hazards/Safe Practices	4	20 minutes
Break	----	5 minutes
Group Workshop	5	15 minutes
Review/Test	6	15 minutes

TRAINING METHODOLOGY & EVALUATION: The course is in-person. There will be visual aids (Power Point presentation) with an audience interaction with questions, along with a Group Workshop where the attendees will point out hazards and proper ladder technique.

INSTRUCTOR BIO/CREDENTIALS: The course will be taught by the Regulatory Specialist/City Safety Manager using the OSHA guidelines for ladder safety.