

# JRYM 426D: LADDER SAFETY/ LADDER SAFETY T-T-T

## Foothill College Course Outline of Record

| Heading                            | Value                                                                |
|------------------------------------|----------------------------------------------------------------------|
| <b>Effective Term:</b>             | Fall 2026                                                            |
| <b>Units:</b>                      | 0                                                                    |
| <b>Hours:</b>                      | 1-1.5 hours lecture total per quarter.                               |
| <b>Prerequisite:</b>               | This course is limited to students employed with Cupertino Electric. |
| <b>Degree &amp; Credit Status:</b> | Non-Degree-Applicable Non-Credit Course                              |
| <b>Foothill GE:</b>                | Non-GE                                                               |
| <b>Transferable:</b>               | None                                                                 |
| <b>Grade Type:</b>                 | Non-Credit Course (Receives no Grade)                                |
| <b>Repeatability:</b>              | Unlimited Repeatability                                              |

## Student Learning Outcomes

- Select and set up various types of ladders
- Select appropriate ladders for specific tasks
- Apply ladder setup and positioning techniques correctly
- Identify common hazards associated with ladder misuse

## Description

This course covers topics related to the proper selection and set up of different ladders, the hazards associated with ladder misuse, and safe ladders work practices.

## Course Objectives

The student will be able to:

1. Properly select and set up various types of ladders, identify common hazards associated with ladder misuse, and apply safe ladder work practices.
2. Use ladders safely and in compliance with the company's safety standards and regulatory requirements.

## Course Content

1. Proper selection of ladder types for specific tasks
2. Ladder inspection procedures and criteria for safe use
3. Correct ladder setup and positioning techniques
4. Common hazards and risks associated with ladder misuse
5. Safe climbing and descending practices
6. Maintaining three points of contact
7. Securing ladders to prevent movement
8. Storage and maintenance of ladders
9. Ladder safety policies and OSHA compliance requirements

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. When taught in person, this training must be conducted in a clean classroom with internet access, necessary hardware and software, and course materials, if applicable.
2. When taught online, this course requires access to CEI's Learning Management System (Amplify), continuous access to a computer with the necessary software and hardware to view video content, and a reliable intranet connection.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Quiz  
Results of skills demonstration

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture  
Classroom demonstration

## Representative Text(s) and Other Materials

CEI EH&S program and applicable Fed/OSHA and/or Cal/OSHA standards, provided by Cupertino Electric.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

No assignments.

## Discipline(s)

Electricity