



## LADDER LIFT SIMULATOR ASSESSMENT

To complete the assessment successfully the candidate will need to combine upper and lower body strength and co-ordination to lift the ladder to the required height and lower it safely under control. There is no time limit for this assessment.

- Start the lift with an underhand grip with palms facing upward.
- Lift and drive the bar through the wrist changeover zone, pushing the ladder up to reach the mark at 182cm.
- Then under control, lower the bar back to its resting position.
- Keep hands inside the lifting area of the bar.
- Do not squat down to start the lift.
- The candidate will be given 3 opportunities to pass the assessment
- The safety officer will assist if needed during the lift, but the outcome will not be recorded and will be regarded as using up one opportunity.
- The candidate will be given the opportunity to practice with a 5kg weight applied. A further 10kg will be applied for the test.
- The candidate will be allowed a 30 second rest between lifts if required.