

## *Occupational Safety & Health Training*

### Equipment inspection & lifting operations

#### ***Details:***

*RCTT* was established in 2007 to provide industrial professional courses and professional safety training Program to workers in the oil & gas, construction, and general industries.

*RCTT* introduces its programs for beginner, intermediate, supervisor, professional and Manager Level.

*RCTT* proud of its key personnel that bring more than 10 years' experience to the classroom, achieving a reputable standing amongst training providers.

Our courses are developed by subject matter experts who are certified professionals in environmental health and safety in accordance with the most recent compliance regulations. We offer flexible solutions for any budget to companies needing environmental health and safety training

Did you  
do your  
safety



## Description:

The construction industry requires a wide variety of specialized equipment and methods for lifting construction materials and for raising and lowering employees.

The hazards of lifting employees and heavy materials require a wide variety of protective measures for employees on the construction site. The course covers safe rigging and slings for proper lifting and safety requirements for specific types of lifting equipment and accessories.

## This programme is intended to give:

Selected delegates with a thorough understanding of lifting and slinging operations, including employer/employee responsibilities, statutory requirements, records and 'in depth' lifting safe working practices.

## Participants attending the programme will:

- Demonstrate knowledge of the legal requirements, employer/employee obligations and responsibilities, and safe working practices pertaining to the operation of mechanical lifting.
- Outline the principles for the selection of lifting equipment.
- Demonstrate knowledge of force influences for various sling configurations.
- Demonstrate knowledge of weight estimation.  
Select appropriate lifting equipment for various lifting operations.
- Carry out identification and pre-use inspection of lifting equipment.
- Use appropriate hand signals.
- Carry out safe, successful lifting operations and assessments.

## Who Should attend?

Safety supervisor, Line Managers, Lifting Supervisor, Foreman, Rigger, Signaller and Operators.

## Course Outline

### Day 1

- Introduction & Definitions
- Lifting Equipments
- Lifting Accessories
- Standards
- Crane Types
- Crane Parts
- Crane motions

### Day 2

- Safety Lifting Procedures
- Working environment
- Crane Hazards
- Risk assessment
- Crane Visual Inspection
- Hooks Type & Inspection
- Slings Type & Inspection
- Chain Sling & Inspection
- Shackles & Inspection
- Eye bolts & Inspection
- Mode Factor

### Day 3

- International standards
- Routine lifting operations
- Non-routine lifting operations
- Load integrity and stability
- Lifting colour code

### Day 4

- Maintenance and certifications
- Human factor
- Qualified operator
- Rigger man & Banks man
- Man riding winch
- Lifting Plan Introduction

### Day 5

- How to do Lifting Plan

### Day 6

- Lifting Plan Project ( Examination )

**Course Timing:** 17:00 Hrs to 21:00 Hrs

**Period :** 6 days