

Safe Use of Accessories for Lifting

Train the Trainer

3 Day Course



Course Aims: This course is designed for personnel who have health and safety qualifications and will have responsibility for training in the slinging, signalling and direction of crane operations. The course should provide personnel with the necessary knowledge and confidence to develop and present effective training for safe slinging and signalling.

Day 1

Introduction and Setting Course Objectives

Understanding Effective Communication

What is effective communication? Verbal communications and non verbal communications. Influencing skills / Motivation.

Types of Presentations

Use of objects in presentation. Using pictures. Effective use of flip-charts. Using slides, overhead projector and PowerPoint. Visual impact.

Lesson Plan

What is a lesson plan? Inserting detail into the plan. Timing of presentations.

Practical Exercise: Preparing a Lesson Part I

Presentation Skills

Effective techniques for conducting presentations.

Presentation Skills Part I

5 minute presentation of delegates' choice. Performances will be video recorded.

Evaluation of presentations

The Lifting Operations and Lifting Equipment Regulations 1998

Outline of the regulations. What the regulations intend to achieve. Key definitions. Explanation of the application of the regulations. Relationship with other regulations, particularly PUWER '98.

Day 2

Thorough Examination and Inspections

Practical guidance as to requirements for thorough examination and inspection. Is there a requirement for testing? Who can carry out inspections? Information to be recorded. Actions arising out of inspections.

Safety of Lifting Equipment

Understanding the position with regard to practical safety issues such as, stability, marking of equipment, automatic safe load indicators, load/radius indicators, safety devices on hooks etc.

Inspection of Lifting Appliances

Standards to be met with ropes, hooks, safety equipment. Inspection records.

Capability of Lifting Equipment

- Conditions and Safe Working Loads
- Chains and Chain Shortening Clutches
- Steel Wire Rope
- Web Slings and Single Leg and Endless Slings
- Eye Bolts and Eye Nuts
- Plate Clamps and Barrel Clamps
- Spreader Bars
- Proprietary Lifting Equipment & Cargo nets

Practical Exercise: Inspection of Lifting Equipment

Developing Visual Aids and Assembling the Presentation

Practical development of visual aids. Putting the presentation together. Content of a handout. Sources of information. Format of the handout.

Slinging / Rigging Theory

Assessment of loads. Centre of gravity. Selection of lifting equipment. Means of attaching slings. Sling angles and the effect on safe working load.

Day 3

Use of Signals

Practical Exercises: Use of lifting equipment to sling loads with blocks and winches

Presentation Skills Part II

Delivery of 20 minute presentations on ladder safety. Performances will be video recorded.

Evaluation of presentations

Safe use of Mobile Cranes

Positioning of cranes. Capabilities of cranes at various operating radii. Safe operation of mobile cranes.

Practical Exercise: Slinging loads with mobile cranes

Course Examination

Multiple choice examination

Course Review and Conclusion

Objectives

Upon completion of the course delegates should be able to:-

- Understand the safety requirements in relation to safe use of cranes and accessories for lifting.
- Know the necessary thorough examination and inspection régimes,
- Sling a variety of loads correctly
- Act as an authorised person to take charge of a crane lift
- Have the necessary knowledge and confidence to train personnel in the slinging of loads

Maximum number of delegates: 4