

## Safe Use of Accessories for Lifting

### Train the Trainer

#### 5 Day Course



**Course Aims:** This course is designed for all people who have a 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

### Day 2

#### Assessment of Day 1

##### 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

#### General Duties under the Health and Safety at Work Etc Act 1974 and Other Legislation.

The role of the employer to establish a safe system of work, safe plant and equipment, the obligation to inform, instruct, train and supervise employees. The obligations of employed persons. Duties under the Lifting Operations and Lifting Equipment Regulations 1998

##### Accidents

Review of accident statistics arising out of the use cranes

##### 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

## **Day 3**

### **The Lifting Operations and Lifting Equipment Regulations 1998**

Understanding the development of the regulations and the legislation that has been replaced. 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.

### **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.

### **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.

## **Day 4**

### **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.

### **Use of Signals**

### **Safe Use of Overhead Cranes**

Pre-use checks. Theory of safe operation. Use of controls. Dealing with obstructions, swinging loads etc. Parking the crane.

**Practical Exercises:** Use of Lifting Equipment to Sling Loads with overhead gantry cranes

### **Presentation Skills Part II**

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

## Day 5

### **Presentation Skills Part II**

Continued from day 4

### **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: 6**