



# Lifting Courses

## SAFE USE OF OVERHEAD, SWING JIB, PEDESTAL CRANES AND LIFTING ACCESSORIES

Overhead Travelling Cranes, Gantry Cranes, Swing Jib Cranes and Monorail Hoists are used widely for material handling in many sectors. Safe operation of such cranes requires operators to have the knowledge and competence to avoid accidents and the ability to control lifting operations.

The purpose of this course is to raise awareness of the hazards in lifting operations and to provide the basic underpinning knowledge in the safe operation of overhead travelling cranes, gantry cranes, swing jib cranes and hoists. This intervention is intended for those that operate or supervise lifting operations when using Overhead Travelling Cranes, Gantry Cranes, Swing Jib Cranes and Hoists.

Most accidents related to gantry cranes, overhead travelling cranes, jib cranes and hoists occur during the lifting activity. The consequences of an accident can be serious and fatal at times. Adopting the right methods and using the right equipment will greatly minimise potential accidents and improve safety during lifting operations.

This course is delivered through a blend of interactive training room based knowledge provision and workplace practical activity. The course content covers:

- Definitions and Terminology used in the Rigging and Slings Profession.
- Regulatory requirements - Law.
- People involved in lifting operations.

The operator.  
The Competent Person.  
The Responsible person.

- Lifting Equipment.
- Lifting Accessories.

Inspections and Testing.  
Test Certificates.  
Examination Reports.

- Overhead Crane Operator Safety Training.

What is an Overhead Crane?

Workplace Hazards

### Pre-use checks.

- Wall cranes.
- Free Standing Pedestal/Jib Cranes.
- Bridge Cranes.
- Operator Conduct.

Attaching a Load.

Moving a Load.

Landing a Load.

- Weight Estimation.

Centre of Gravity.

Lifting Accessories.

Eyebolts.

Shackles.

Hooks.

Shortening Devices.

Rigging Screws.

Wire Rope grips.

- Choosing the Right Sling.

Wire Rope Slings.

Chain Slings.

Fibre Rope slings.

Webbing Slings.

Round Slings.

- Slinging Angles.

Calculating the load in slings.

- Types of hitches.

Choker Hitch.

Basket Hitch.

Bridle hitch.

### Duration:

This is a one day training intervention, the day is split into an interactive training room session of approximately four to five hours ending in a formal examination undertaken under examination conditions followed by a practical session in the workplace where the tools and techniques taught in the training room are assessed.

**Assessment:**

The delegate has to pass both the written examination and practical tests to be awarded a certificate. The pass mark for the written examination is 75%.

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