



Practical Lifting & Slings Beneath the Hook



Course Aim

This course includes our theory module - Safe Slings and Lifting Appreciation as part of the morning session.

This course aims to provide the practical experience and understanding of lifting equipment. Delegates also receive training the correct selection of equipment and assessment of loads including weight balance and safety.



Who Should Attend?

Designed for those who conduct and / or manage safe lifting operations.

Pre-requisites

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them carrying out lifting techniques (A list of conditions that could affect practical training are available on request).

Delegates should bring suitable PPE (safety helmet and safety footwear).



Course Duration

This is a 1 day course.



Certification

On successful completion delegates will receive a certificate valid for three years.



Agenda

The course will cover:

- Assessment of loads in relation to weight, centre of gravity and safety hazards
- Pre-use inspections
- Selection and use of common lifting accessories (shackles, wire rope slings, eyebolts, hooks, plate clamps, chain slings, slings)
- Safety when lifting
- Potential misuse of equipment
- Completion of lifting plan

Equipment covered during training:

- Polyester roundslings
- Polyester webslings
- Chain slings
- Wire rope slings
- Shackles
- Plate Clamps
- Eyebolts
- Hooks

