



# Rigging and Lifting Light Loads at Height



## Course Aim

To provide delegates with the knowledge and practical skills required to use lifting equipment to haul items up to positions on tall structures.



## Who Should Attend?

Those who are required to use lifting equipment to haul items up to positions on tall structures, i.e. telecom riggers, theatre stage riggers, steel erectors and Police Support. This is a practical course that can be delivered as the final stage of training for a rigger who will be working on tall structures.

### 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).

- Safe Slings and Lifting Appreciation
- Practical Lifting and Slings Beneath the Hook



## Course Duration

This is a 1 day course.



## Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.



## Agenda

In addition to the theory elements of Safe Lifting Module 1 and Height Safety modules 1, 3 and 4 the following topics will be emphasised:

- Legislation (LOLER)
- Hazard analysis and load assessment
- Inspection and record keeping
- Strengths and characteristics of equipment
- Introduction to the equipment
- Planning and execution of lifting tasks at height
- Lifting Plans in compliance with LOLER and LEEA code of practice
- Risk Assessment of task
- Rescue Planning
- Assessment of Load
- Selection of equipment for Lifting and Work at Height
- Equipment control and pre-use checks
- Personal Safety at Height
- Safe Lifting procedure and communication on site

All delegates will plan and execute a lifting task, including rigging of equipment at height.

### Equipment Covered During Training

- Polyester roundslings
- Polyester webslings
- Chain slings
- Wire rope slings
- Kermantle Rope
- Shackles
- Associated Tools

**Safety / Value / Availability / Support**



[hsstraining.com](https://hsstraining.com)



0345 766 7799



[training@hss.com](mailto:training@hss.com)