



Safe Slinging and Lifting inc Practical Slinging Beneath the Hook



Course Aim

To provide delegates with an understanding of the theory and rating of lifting equipment, an overview of the legislation as applied to the user and provide an appreciation and practical experience of types of lifting equipment and conducting routine pre-use inspections.



Who Should Attend?

Those involved in lifting procedures that would benefit from an appreciation of how to 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

Delegates successfully completing the course will be awarded a certificate valid for three years.



Agenda

AM - Safe Slinging and Lifting Appreciation

- All legislation appropriate to conducting lifting activities – Health and Safety at Work Act 1974, LOLER 1998, PUWER and LEEA code of practice
- Planning of a lifting operation including assessing the load, correct equipment selection and assessing the environment
- Safe and correct use of common lifting accessories (slings, shackles, chain slings, wire rope slings, plate clamps, eyebolts and hooks)
- Pre-use inspection of common lifting accessories

PM - Practical Slinging Beneath The Hook

- Assessment of loads incorporating weight, centre of gravity and safety hazards
- Practical pre-use inspection of equipment
- Practical selection and use of suitable common lifting accessories (slings, shackles, chain slings, wire rope slings, plate clamps, eyebolts and hooks)
- Personal safety whilst lifting
- Potential misuse of equipment
- Completing a lifting plan

Equipment Covered During Training

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

Safety / Value / Availability / Support



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