



# Safe Slings and Lifting Appreciation

## Course Aim

This course provides training in the theory and rating of lifting equipment. This foundation module is a theory based course intended as a prerequisite to practical training.

## Who Should Attend?

Delegates who are managing or risk assessing lifting operations, requiring background knowledge of lifting operations and equipment including supervisors in charge of workers using lifting equipment.

### 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 half day course.

## Certification

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

## Agenda

### The course will cover:

- Legislation relating to lifting activities - Health and safety at Work Act 1974, PUWER, LEEA code of practice and LOLER 1998
- Lifting operation planning - correct equipment use, assessment of environment and loads
- Correct use of common lifting accessories safely (shackles, wire rope slings, eyebolts, hooks, plate clamps, chain slings, slings)
- Pre-use inspection of common lifting accessories

### Equipment covered during training:

- Polyester roundslings
- Polyester webslings
- Chain slings
- Wire rope slings
- Shackles,
- Plate clamps
- Eyebolts