



Safe Lifting for Crane Operators

Course Introduction:

This course provides crane operators with essential knowledge to safely manage lifting operations, reduce workplace hazards, and maintain compliance with safety regulations. The course covers key aspects of lifting operations, including equipment selection, load rigging, lifting procedures, and risk mitigation strategies. With a strong emphasis on crane operational safety, this program aims to instill industry-standard best practices.

Course Objectives:

By the end of the training, participants will be able to:

- Understand key safety principles for crane lifting operations
 - Learn about crane types, components, and operating characteristics
 - Identify potential hazards in lifting operations and ways to mitigate risks
 - Select appropriate lifting gear and rigging techniques for various loads
 - Develop load-handling strategies to ensure stability and safety
 - Comprehend regulatory requirements and industry safety standards
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Who Should Attend?

This course is designed for all:

- Crane operators in construction, manufacturing, and industrial sectors
- Site managers and supervisors responsible for lifting operations
- Health and Safety Officers involved in crane operations
- Rigging professionals supporting lifting activities
- Maintenance personnel managing crane equipment

Course Outline:

Day 1: Introduction to Crane Lifting Operations and Safety

- Importance of Safe Lifting Practices
- Crane Types and Components Overview
- Common Lifting Hazards

- Introduction to Regulatory Requirements (OSHA, ASME, etc.)
- Crane Stability Principles

Day 2: Load Management and Rigging Fundamentals

- Understanding Load Characteristics
- Load Weight and Center of Gravity Calculations
- Rigging Equipment Types and Applications
- Selection Criteria for Slings, Shackles, and Hooks
- Safe Rigging Practices

Day 3: Lifting Procedures and Techniques

- Pre-Lift Planning and Load Assessments
- Safe Lifting Sequence and Load Path Control
- Lifting and Lowering Methods
- Environmental Factors Affecting Lifting Operations
- Emergency Procedures

Day 4: Risk Assessment and Hazard Control

- Identifying and Assessing Hazards in Lifting Operations
- Mitigation Strategies for Lifting Risks
- Crane Signal Systems and Communication Best Practices
- Personal Protective Equipment (PPE) Requirements
- Safety Documentation and Compliance

Day 5: Regulatory Compliance and Incident Prevention

- Understanding Industry Safety Standards
- Legal and Regulatory Requirements
- Inspection and Maintenance Best Practices
- Reporting and Investigation of Near Misses

Course Methodology:

A variety of methodologies will be used during the course that including:

- (30%) Based on Case Studies
- (30%) Techniques
- (30%) Role Play
- (10%) Concepts
- Pre-test and Post-test
- Variety of Learning Methods
- Lectures
- Case Studies and Self Questionnaires
- Group Work
- Discussion
- Presentation

Course Certificate:

International Center for Training & Development (ICTD) will award an internationally recognized certificate(s) for each delegate on completion of training.

Course Fees:

To be advised as per course location. This rate includes participant's manual, Hand-Outs, buffet lunch, coffee/tea on arrival, morning & afternoon of each day.

Course Timings:

Daily Course Timings:

08:00 - 08:20	Morning Coffee / Tea
08:20 - 10:00	First Session
10:00 - 10:20	Coffee / Tea / Snacks
10:20 - 12:20	Second Session
12:20 - 13:30	Lunch Break & Prayer Break
13:30 - 15:00	Last Session