



# Rigging And Slings Safely

COURSE CODE : ZMT-HSE-128

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| <b>COURSE OVERVIEW</b>     | The Rigging and Slings Safely Course is a comprehensive one-day training program designed to equip participants with essential knowledge, skills, and confidence for performing safe lifting operations. This course is tailored for individuals involved in lifting activities as Riggers or Crane Operators and emphasizes safety, compliance, and operational efficiency.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>TARGET AUDIENCE</b>     | This course is tailored for: <ul style="list-style-type: none"> <li>• Line Managers</li> <li>• Supervisors</li> <li>• Personnel involved in lifting activities using cranes, including Riggers and Crane Operators</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>COURSE OBJECTIVES</b>   | Participants will learn: <ul style="list-style-type: none"> <li>• Understand the roles and responsibilities of employers, employees, and operators during lifting operations</li> <li>• Identify the main hazards associated with lifting activities and their potential risks</li> <li>• Perform inspections for lifting gears and appliances</li> <li>• Understand and apply local legislation related to lifting operations</li> <li>• Execute safe lifting and shifting of materials using the 7 Steps of Safe Lifting</li> <li>• Implement hazard control measures to minimize risks</li> </ul>                                                                                                                                                                                                                                  |
| <b>COURSE CONTENTS</b>     | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Responsibilities: <ul style="list-style-type: none"> <li>• Employer Responsibilities</li> <li>• Employee Responsibilities</li> <li>• Responsibilities of Riggers and Crane Operators</li> </ul> </li> <li>3. Common Causes of Accidents</li> <li>4. Key Terms and Definitions</li> <li>5. Safe Actions and Conditions</li> <li>6. Emergency Shutdown Procedures</li> <li>7. Hazard Identification and Control Measures</li> <li>8. Lifting, Handling, and Controlling Loads</li> <li>9. Hand Signals for Lifting Operations</li> <li>10. Proper Use of Personal Protective Equipment (PPE)</li> <li>11. Practical Exercises: <ul style="list-style-type: none"> <li>• Safe Lifting and Landing of Loads</li> <li>• Load Handling Techniques</li> </ul> </li> </ol> |
| <b>DELIVERY MODE</b>       | The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>DURATION</b>            | 1 Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>ASSESSMENT CRITERIA</b> | Participants will undergo both theoretical and practical evaluations to assess their understanding of rigging and slinging procedures, hazard management, and compliance with safety requirements.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |