

Safe Lifting Operations

COURSE CODE : ZMT-HSE-130



COURSE OVERVIEW	The Safe Lifting Operations Training Course is a comprehensive one-day program designed to equip participants with the skills, knowledge, and confidence to safely conduct and oversee lifting operations. This course is ideal for Riggers, Crane Operators, and others involved in lifting activities, focusing on safe lifting practices, hazard identification, and compliance with local safety regulations.
TARGET AUDIENCE	This course is tailored for: <ul style="list-style-type: none"> • Line Managers • Supervisors • Riggers • Crane Operators • Individuals involved in lifting activities using cranes or other lifting equipment.
COURSE OBJECTIVES	Participants will learn: <ul style="list-style-type: none"> • Understand the roles and responsibilities of employers and employees in lifting operations. • Identify hazards associated with lifting activities and learn control measures to mitigate risks. • Gain knowledge of inspection methods for lifting gear and appliances. • Learn to implement safe lifting techniques using the 7 Steps of Safe Lifting. • Ensure operational safety and compliance with local lifting operation regulations.
COURSE CONTENTS	<ol style="list-style-type: none"> 1. Introduction to Safe Lifting Operations 2. Roles and Responsibilities: <ul style="list-style-type: none"> • Responsibilities of Employers • Responsibilities of Employees • Duties of Riggers and Crane Operators 3. Hazard Identification and Risk Control Measures 4. Common Causes of Accidents in Lifting Operations 5. Terms and Definitions Related to Lifting 6. Safe Actions and Conditions for Lifting 7. Emergency Shutdown Procedures 8. Lifting and Load Control Techniques 9. Proper Use of Hand Signals for Lifting Operations 10. Personal Protective Equipment (PPE) for Lifting Activities 11. Practical Exercises: <ul style="list-style-type: none"> • Safe Lifting of Loads • Safe Landing of Loads 12. 7 Steps of Safe Lifting: <ul style="list-style-type: none"> • Step-by-step guide to ensure safe and efficient lifting operations.
DELIVERY MODE	The course utilizes a combination of, Facilitator-led presentations Group discussions Skill-building exercises Practical role-playing activities.
DURATION	1 Day



ASSESSMENT CRITERIA

Participants will complete both practical and theoretical assessments to demonstrate their understanding of:

- Competence in identifying and mitigating hazards during lifting operations.
- Proper inspection and safe use of lifting gear and equipment.
- Application of safe lifting techniques to reduce workplace risks.