



## SLINGER – ZGT35

# Safe Lifting & Slings



### COURSE OVERVIEW

This course is designed to provide 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.

This is a combination of the Safe Slings and Lifting Appreciation course and the Practical Lifting and Slings Beneath the Hook course.

### Pre-requisites

None.

### Who Should Attend?

Anyone involved in lifting procedures that would benefit from an appreciation of how to conduct and / or manage safe lifting operations.

### COURSE OBJECTIVES AND CONTENT



- Introduction - 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.
- 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.

### Certification

All delegates receive a certificate valid for 3 years.

### Course Ratio / Duration

10:1 (10 delegates to 1 instructor)

4 guided learning hours i.e. one day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144  
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