

Course Syllabus: Rigging & light lifting**Code: TTS3U****Intended for:** Foundation course for the lifting, fixing and adjusting of light to medium loads up to 100kg.**Introduction:** Course content includes planning, preparing for and executing lifting operations together with knowledge of the selection, use, inspection and maintenance of appropriate lifting equipment.

To revise and assess lifting and installation skills for steelwork and antennas up to approximately 2m diameter, (does not cover man riding system or winches)

Legislation, planning and selection of equipment via rigging exercises and assessment at height.

CONTENT

Knowledge: LOLER - key requirements.
Selection, marking and care of equipment
Certificates of conformity - SWL, WLL.
Planning lifting operations
Pre-use checks - methods and objectives
Requirements for thorough examination
Securing area below the work, signs & guards
Aligning antennas and mounts
Checking installations for visible defects
Check for alignment of antennas

Practical skills: Carry out pre-use checks
Demonstrate suitable lifting methods
Install and align transmitter as required
Demonstrate awareness of RF hazards on site

Entry Requirements: This course is not intended to teach the elementary use of fall protection equipment. It is essential that all candidates are already competent in such use, including understanding how to fit and use a harness, the need for safe connection at all times and the use of energy absorbing lanyard. Candidates will be required to produce suitable valid certification prior to acceptance on this course.

Assessment Method: An outdoor rigging exercise at height in a real work environment will assess previously taught material on safe methods of working, use of work equipment and rigging techniques.

Course Duration: 2 days **Candidate Ratio:** 1:6

Revalidation Period: Certification valid for 3 year(s).

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