

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: Manual Handling Regulations
Lifting Operations - Lifting Equipment Regulations - LOLER
Inspection of equipment and record keeping
Storage and care of equipment
SWL and WLL calculations
Estimation of weight to be lifted
Slings techniques
Knots used for lifting operations
Pulley theory
Planning the lifting operation
Awareness of RF hazards on site
Map reading and compass skills

Practical skills: Demonstrate safe manual handling techniques
Carry out pre-use checks of equipment
Demonstrate slinging methods and knots
Create mechanical advantage pulley systems 2:1, 3:1 and 6:1
Demonstrate use of pilot lines
Proper execution of a practical exercise in lifting
Install and align transmitter as required

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 course.

Medical Req: Physical fitness with no contra-indications for working at height. A self-certified statement of reasonable medical fitness will be required prior to attendance.

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 years.