



Course Syllabus

Slinging & Lifting

This half day course includes theory and practical elements; it is aimed at all employees and/or managers involved in any aspect of lifting operations or anyone who requires a level of working knowledge and competence.

Up to 10 candidates can be trained per session.

The theoretical content includes:

- Legislation (HSWA 1974, LOLER, PUWER)
- Risk assessment / Planning of Lifts
- Load Assessment

Then moves onto the pre use inspection, safe working load calculations and safe use of:

- Chain Slings
- Synthetic Slings
- Wire Rope Slings
- Chain Blocks
- Eyebolts
- Hooks
- Shackles

As part of the practical element, candidates are assessed on their ability to be able to:

- plan a safe lift
- assess the load
- identify suitable equipment to be used
- conduct pre-use safety checks of lifting equipment
- sling and safely lift a load

A variety of lifting samples, or if necessary, job specific loads can be used and lifting equipment will include various slings, shackles, bolts and chain blocks as defined in the theory session.

Certification

A certificate of competence will be awarded to all candidates who successfully complete the course.

Next Step?

Contact our Learning & Development team at Aspen Wolf Ltd on 0191 581 1000 to discuss your specific training needs.