



Rigging and Lifting Light Loads, for Workers at Height

Course Aim

This course is aimed at those who are required to use lifting equipment to haul items up into position on tall structures such as telecoms riggers, theatre stage riggers and steel erectors etc.

Who Should Attend?

Those who are required to use lifting equipment to haul items up to positions on tall structures, i.e. telecom riggers, theatre stage riggers, steel erectors and Police Support. This is a practical course that can be delivered as the final stage of training for a rigger who will be working on tall structures.

Course Entry Criteria

All delegates must be able to certify that they are physically fit and have no medical conditions that might prevent them carrying out lifting techniques. (A list of conditions that could affect practical training are available on request)

Delegates should bring suitable PPE (safety helmet and safety footwear).

Delegates must be 18 years or over.

Delegates must have completed the following courses:

- Safe Slings and Lifting Appreciation
- Practical Lifting and Slings Beneath the Hook
- Advanced Industrial Climber

Agenda

Delegates will cover tasks undertaken by Level 1 and 2 technicians with the additional technically advanced rigging and rescue techniques.

- Advanced rope access techniques
- Comprehensive rescue techniques
- Equipment examination & legislation

Course Duration

This is a 1 day course.

Certification

Delegates successfully completing the course will receive a digital certificate of attendance valid for 3 years. Paper certificate and photo ID card can be requested at an additional charge.



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Agenda

Theory

- The course covers Safe Lifting Module 1 and Height Safety modules 1, 3 and 4 and the following topics:
- LOLER
- Hazard analysis and load assessment
- Inspection and record keeping
- Strengths and characteristics of equipment
- Introduction to the equipment

Practical

- Planning and execution of lifting tasks at height
- Lifting Plans in compliance with LOLER and LEEA code of practice
- Risk Assessment of task
- Rescue Planning
- Assessment of Load
- Selection of equipment for Lifting and Work at Height
- Equipment control and pre-use checks
- Personal Safety at Height
- Safe Lifting procedure and communication on site
- Lifting tasks, including rigging of equipment at height

Equipment covered during training:

- Polyester roundslings
- Polyester webslings
- Chain slings
- Wire rope slings
- Kermantle Rope
- Shackles
- Associated Tools

Example loads to be lifted:

- Microwave Dish
- Sector Antenna
- Aerial Mounting Bracket