

HS08 - 1 Day Basic Rigging & Light Lifting Course

Purpose of the course:

This course delivers 7 hours Accredited *CPD classroom and practical instruction with assessment. It offers delegates training to enable them to produce a lifting plan under LOLER Regulations and carry out low to medium level equipment loads of up to 100Kg on a structure.

On completion of the course, delegates should be able to assess, plan, prepare and carry out basic rigging and lifting operations in a safe manner in order to manually lift loads onto a structure.

What will be covered on the course:

- Overview of the PUWER and LOLER and associated regulations
- General hazards and risks associated with lifting operations
- Selection, use, inspection and maintenance of appropriate lifting equipment
- Planning and preparing lifting plans
- Practical rigging and lifting of loads
- Written & practical assessments

Course summary:

- Course Duration: One Day
- Maximum instructor/delegate Ratio: 1:6
- Delivery: Classroom based theory & practical training
- Assessment: Multiple choice test paper and practical skills assessment
- Certification: CPD Accredited Certificate of Training (valid for 3 years)

Additional Information:

- Delegates should hold in date certification as a climber (ie. HS03, HS04, HS05 or HS06 or equivalent)
- Delegates must have a good command of the written and spoken English
- Delegates must be medically & physically fit to work at height and carry out manual handling (a self-certification questionnaire is to be completed on the course)
- Delegates require basic PPE (gloves, sturdy footwear) and clothing suitable for the environment (FPE equipment will be provided)
- Delegates must have an aptitude for working at height

*** This course has been allocated 7 hours Continuing Professional Development**

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