

# SYNERGY

## TRAINING SOLUTIONS

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### Overhead Travelling Crane Training Course – 1 Day

#### THE AIM OF THE COURSE:

To train candidates in the safe operation of Overhead Cranes in accordance with current Health & Safety legislation and safe working practices. This course is a mix of theory and practical exercises designed to be delivered in the candidate's own working environment.

#### WHO SHOULD ATTEND:

All personnel required to operate Overhead Travelling Cranes.

#### COURSE REQUIREMENTS:

Candidates do not require any previous experience but must be able to certify that they are physically fit and have no medical conditions that might prevent them from attending this course. Delegates should be able to write and speak in English. Safety equipment will be supplied by your trainer.

#### COURSE SUMMARY:

Candidates will participate in theory lessons and practical demonstrations / exercises, all of which are highlighted by the use of Video Presentations covering.

- Course Introduction
- Health & Safety at Work Act 1974
- Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)
- Provision and Use of Work Equipment Regulations 1998 (PUWER)
- Safety procedures for operating Overhead Cranes
- Basic operating skills
- Lifting tackle selection, inspection and slinging techniques
- Safe operating practice – hand signals, lifting, travelling and lowering
- Daily maintenance and safety checks
- Safe working load indicators
- Practical exercises
- Course evaluation and close

#### CERTIFICATION:

Card & Certificate of Competence, valid for 3 years before renewal.