

SAFE

LIFTING PRACTICES COURSES

NEW REVISED REGULATION ON COMPETENCE
PERSON/PERSON INCHARGE AND PENALTY



DATE : 24 & 25 October 2016

Venue : NOSH GLOBAL SDN. BHD.

FEES : RM450/Person

**HRDF
claimable**

**10 CEP
Points Based
Guideline**

**CIDB
20 CCD
Points**

**NOSH
GLOBAL**

NOSH GLOBAL SDN BHD

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Aim

This is a one day course designed to suit the requirements of trainees who have limited or no knowledge of safe lifting technique.

Course objective

On successful completion of this course, candidates will know (Theory and practical):

- The requirements on the legislation regarding mobile cranes, Overhead Travelling Crane and other hoisting machine
- The terminology used to identified the crane components or parts
- The safe setting up the cranes and its equipment
- How to identify the purpose and capacity of lifting tackle in general use for lifting
- The correct method of crane inspection (mobile and crawler crane)

Benefits after attending this course

Take precaution and measures to prevent accidents with the movement of load handle by a crane

Being able to identify all lifting devices

Ensure crane operate within limits set by the rated load chart

Safely and efficiently use of lifting gears

To understand new revised regulation on Competence

Person (PIC) and penalty **(New)**

Appoint skill person to preform any lifting activity

Major course topic

- Laws and legislation on lifting operation **(New)**
- Rules and duties of personnel in lifting operation
- Planning for safe lifting operation
- Crane type inspection (Mobile Crane, Overhead Travelling Crane and others lifting machine)
- Crane operation hazard
- Determining load weight and evaluating the load
- How to read load chart for Mobile Crane
- Wire rope types and inspection
- Chain sling inspection
- Synthetic web sling inspection
- Hook and shackle inspection
- Rings and link inspection
- Eye bolts and hoist ring inspection
- Plate clamp and beam clamp inspection
- Hand chain and lever hoist inspection
- Below-the hook lifting device
- Sling tag and capacity marking
- Proper inspection technique
- Common causes of rigging damage

Who should attend

- Safety and Health Officer
- Safety and Health Supervisor
- Site Safety Supervisor
- Crane Operators
- Production Supervisor
- Crane Mechanics/Technician

Trainer Profile

Tuan Haji Mohd Kudzi bin Hamat holds a Diploma in Mechanical Engineering from University Technology Malaysia and has been served with Department of Occupational Safety and Health for the past 29 years and currently with (DOSH) Penang. Appointed as DOSH Officer since 1985 with services history as in DOSH Pahang, Kuala Lumpur, Selangor and Headquarters. Has experience in crane safety and hoisting machines, construction safety, workplace inspection and audit relating to safety and health and also gives talk in various seminar organize by employers and associations and has been a regular speaker in Safety and Health Officer training course conducted by training providers. He also a part time lecturer at University Malaysia Perlis (UNIMAP) for Safety and Health Program.



PROGRAMME

Day 1

0830 – 0900	REGISTRATION & COURSE INTRODUCTION
0900 – 1000	Module 1: Legal Requirement to OSHA 1994
1000 – 1015	MORNING TEA BREAK
1015 – 1300	MODULE 2: Type of Mobile Cranes and Components
1300 – 1400	LUNCH BREAK
1400 – 1700	MODULE 3: Load Chart & Load Calculation
1700 – 1715	TEA BREAK / END OF DAY 1

Day 2

0830 – 1000	MODUL 4: Sling and Rigging Operation Communication Technique: Whistle, Radio, Hand Signal
1000 – 1015	MORNING TEA BREAK
1015 – 1300	MODULE 5: Practical Training: Overhead Travelling Crane Inspection
1300 – 1400	LUNCH BREAK
1400 – 1530	MODULE 6: Risk Management and Accident Prevention Awareness
1530 – 1700	MODULE 7: Summary & Course Evaluation
1700 – 1715	TEA BREAK / END OF DAY 2