



HEALTH, SAFETY AND SECURITY TRAINING

Lifting Operations and Lifting Equipment

3 day course

Classroom, online or in-house

Course overview

Lifting incidents tend to be severe because a suspended load has energy and because the people underneath it are usually there for a reason. This course covers planning and controlling the lift. Delegates work through the roles in a lifting operation, appointed person, supervisor, operator, slinger and signaller, and the lift plan that assigns them. Load assessment, centre of gravity and sling angles are calculated rather than estimated. Equipment selection, inspection and the statutory examination regime are covered. Ground conditions, outriggers and crane stability follow. Lifting near people, structures and live plant is addressed, and the course closes on complex and tandem lifts and on stopping a lift that has changed.

What you will learn

- Assign the roles in a lifting operation and write a lift plan
- Assess load weight, centre of gravity and sling angles
- Select lifting equipment and accessories correctly
- Inspect equipment and meet statutory examination requirements
- Assess ground conditions, outriggers and crane stability
- Control lifting near people, structures and live plant
- Plan complex and tandem lifts, and stop a lift when conditions change

Who should attend

- Appointed persons and lifting supervisors
- Riggers, slingers and signallers
- Crane and hoist operators
- Maintenance and construction supervisors
- Safety officers overseeing lifting operations

Course outline

- 01 Why lifting incidents are severe
- 02 Roles and the lift plan
- 03 Load assessment and centre of gravity
- 04 Slings, angles and accessories
- 05 Equipment selection and inspection
- 06 Statutory examination
- 07 Ground conditions and stability
- 08 Complex lifts and stopping a changed lift

Upcoming dates

Dates	Venue	Format	Fee per delegate
11 to 13 January 2027	Online	Online	R6,500
18 to 20 January 2027	Windhoek, Namibia	Classroom	R14,950
3 to 5 February 2027	Dar es Salaam, Tanzania	Classroom	USD 995
3 to 5 March 2027	Maputo, Mozambique	Classroom	USD 995



Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriscience.co.za, or WhatsApp us on **+27 63 479 1136**.

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