

# Lifting Operations Planning & Risk Assessment

## Theory / Practical Training Course

1 Day

**Overview:** This 1 day theory / practical based course is designed to give delegates an understanding of the depth and quality of content required in the production and completion of lifting plans and risk assessments.

### Contents:

- LOLER regulation 8 | organisation of lifting operations
- Categorization of lifting operations
- Self assessment cards
- Lift description
- Weight of the load
- Planning considerations
- Step-by-step procedure
- Rigging procedure diagrams
- Route to be travelled
- Rigging material lists
- Risk assessment
- Theoretical planning exercises



**Structure:** The course begins with a lecture, which then moves onto the actual planning and risk assessment of two lifting operations ending with a short written test paper. Successful delegates will be issued with an NSL certificate of training.



**Details:** This course is usually delivered at an NSL Training Centre, but can be delivered at a client's premises.



**Course handouts:** The International Rigging & Lifting Handbook.



**PPE required:** PPE is required for all.



**Note:** The course can also be structured to include a practical element if requested.

**Who will benefit:** The course is aimed at personnel who are required to produce and / or authorise lifting plans and carry out lifting operations.

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