

# Sage Safety and Training Ltd

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## Rigging & Light Lifting of Loads (Novice)

The Rigging & Light Lifting of Loads course is designed to give delegates the knowledge and practical experience for the planning, preparing and executing lifting operations.

**Who should attend?** The course is aimed at personnel who are required to use lifting equipment to haul items up to positions on structures i.e telecom riggers, theatre stage riggers, steel erectors etc.

**Prior Knowledge** Delegates attending must have completed a Basic Tower Climbing & Rescue course.

### Course content

- Legislation and responsibilities
- Inspection & record keeping
- Ropes & knots for lifting operation
- Storage and care of equipment
- Planning of lifting operations
- Estimating of weights to be lifted
- SWL & WLL calculations
- Pulley theory
- Manual & powered lifting
- Rigging & removal of dishes & antennas
- Braking Systems
- Tool tethering
- Meets the requirements set by MBNL

**Duration of Course:** 2 Days – (existing climbers who have at least 1 years climbing experience (supported by relevant certification) along with a working knowledge & experience in lifting & rigging techniques / practices can attend the one day 'Experienced' course)

Emphasis will, at all times, be on practical work under close supervision of the instructor.