

Course Length: 1.5 hours

Course Objective:

- This course provides basics of safe overhead crane operating, covering various important topics such as proper machine set up, reading and understanding capacity charts, structural competency, below the hook crane attachments, the importance of knowing the quadrant of operation, side loading and shock loading.

Course Design:

- Narrated e-learning modules

Successful Course Completion:

- Requires successful completion of knowledge assessment.

Course Outline:

About Overhead Cranes

- Requirements
- Types
- Responsibilities
 - Management
 - Employees
- Common Crane Hazards
- Overhead Crane Capacity
- Warnings
- Clearance from Obstruction
- Crane Components
 - Trolley Stops
 - Trolley Bumpers

Overhead Crane Inspection Requirements

- Initial
- Daily or Pre-use Inspection
- Inspection Checklist Example
- Preventative Maintenance
- Hoist Control
- Inspection Classifications
 - Frequent
 - Periodic
- Running Rope Inspection
- Rope Replacement
- Maintenance

Overhead Crane Operations

- General Operating Requirements
- Attaching the Load
- Moving the Load
- Hoist Safety
- Signals/Communications
 - Review Hand Signals

Rigging Equipment Summary

- Common Types of Slings
- Sling Inspection/Characteristics
 - Wire Rope
 - Synthetic Web
 - Polyester Round
 - Chain

Rigging Technique Summary

- 3 Basic Hitches
 - Vertical Leg
 - Choker
 - Vertical Basket
- Sling Lifting Capacities (Working Load Limits)

Post Training Evaluation:

- The employer shall ensure that each employee is evaluated to confirm that he/she understands the information provided in the training.

Reference Material / Documents:

29 CFR 1910.179

M&A Safety Services training conforms to OSHA CBT Training standards and ANSI Z490.1. Criteria for Accepted Practices in Safety, Health and Environmental Training. M&A Safety Services LLC. follows all ANSI training criteria.

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