



<b>COURSE TITLE</b>	: Lifting Supervisor	<b>COURSE CODE</b>	: LSC
<b>COURSE DURATION</b>	: 3-day(s) / 21.00-hour(s)	<b>COURSE LEVEL</b>	: Intermediate
<b>COURSE CATEGORY</b>	: Competency	<b>VALIDITY</b>	: -
<b>HRDCORP SCHEME</b>	: Claiamble		
<b>COURSE FEE</b>	: RM 1,188.00 (inclusive of 8% SST)		

**1. OBJECTIVE(S):**

At the end of the course, the participant will be able to:

- i. Explain the legal requirement related to lifting operation.
- ii. Practice as rigger and signaler.
- iii. Explain the load securing and transportation safety.

**2. TARGET GROUP(S):**

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors and all levels of workers.

**3. ENTRY REQUIREMENT(S):**

- i. 21years old and above
- ii. Hold a rigger certificate or experience in lifting works at least 3 years
- iii. Physically and mentally fit; and
- iv. Able to read and write either Bahasa or English
- v. Able to perform basic calculation mathematics



**4. TOPIC(S):**

- i. Introduction to Crane Handling and Management.
- ii. Basic Crane Safety.
- iii. Communication and Hand Signals.
- iv. Lifting Equipment.
- v. Rigging and Slings Principles.
- vi. Calculation on angle factor
- vii. Calculation on lifting (volume area, weight and density)
- viii. Lifting plan on detail inclusive design of load vs location
- ix. Load Chart

**5. LIST OF REFERENCE BOOK(S):**

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- i. Crane Note
- ii. Course Handbook



**6. LIST OF TEACHING AID(S):**

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

**7. LIST OF CLASSROOM ACTIVITIES:**

- i. Lecture.
- ii. Discussion.
- iii. Practical.

**Note:** Participant is required to bring along Personal Protective Equipment (E.g. Safety Helmet and Safety Boot) for the training session.

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	COURSE SCHEDULE		
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**COURSE TITLE: LIFTING SUPERVISOR**

**DAY ONE**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration and Course Briefing	NIOSH
0900 - 1030	1.50	Management and Crane Operation	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Introduction to OSH	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Communication and Hand Signal	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1730	1.75	Lifting/Hoisting Equipment <ul style="list-style-type: none"> <li>• Equipment and Method Selection</li> <li>• Method Selection and Inspection</li> <li>• Method Selection, Storage, Inspection, Operation)</li> </ul>	
	<b>7.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	Rigging and Slings Principles: <ul style="list-style-type: none"> <li>• Load confirmation</li> <li>• Load configuration</li> <li>• SWL</li> <li>• COG</li> <li>• Basic Angel</li> <li>• Rigging/ Slings (secure the load)</li> </ul>	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1300	2.75	Duties and Responsibilities Lifting Supervisor	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Site and job planning	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1630	0.75	Lifting method: <ul style="list-style-type: none"> <li>• Slings technique</li> <li>• Calculation</li> </ul>	
1630 - 1700	0.50	Assessment	Trainer BRTC
	<b>7.00</b>	<b>END OF THE COURSE</b>	

**DAY THREE**

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1030	2.00	Load chart: <ul style="list-style-type: none"> <li>• With fly jib</li> <li>• Maximum Radius Crane and Load</li> <li>• Identify Load</li> <li>• Safe zone</li> </ul>	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Continuous	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Practical and Assessment: <ul style="list-style-type: none"> <li>• Normal Lifting</li> <li>• Critical Lifting</li> <li>• Serious Lifting</li> </ul>	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1730	1.25	Continuous	
	<b>7.00</b>	<b>END OF THE COURSE</b>	