



## Safe Lifting and Slings (3 Days)

### 3 Day Session

Includes SANS 2972 &  
OHS Act DRM 18:2015

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We are  
**WACO**



Learn how to safely choose the correct lifting Tackle, calculate the load weight, connect the tackle to the load, raise and travel with the load, and safely deliver the load to the pre-planned position at the right time.

### What will be covered in this Course?

The student will be guided and mentored to correctly perform a pre-use inspection of the lifting tackle that will be used to perform a basic lifting task. The calculating of the weight and correctly selecting the correct sling configuration for the load to be raised.

We cover the different sling types, the hitch types, and their effect on the SWL of the configuration chosen. After raising and moving the load the basic methods will be explained to ensure the operator is more than skilled enough to bring the load safely and lower the load without causing equipment or load damage or risks to other employees on site.

Who will be presenting the Course?

This training is developed and presented by a subject matter expert & LMI with more than 30 years' experience. The course is a combination of **theoretical & practical training**.

### What Items are discussed in Day 1:

- ☑ Lifting Tackle versus Lifting Machines - Basics
- OHS Act 85 of 2015 – DMR (18)
- ☑ Colour coding of equipment
- ☑ Basic Rigging rules and guidelines
- ☑ Weight calculations & C.O.G positions
- Different sling types and their advantages
- Different hitch types, angles, and their effects

### What Items are discussed in Day 2:

- ☑ Shackles & Eye Bolts ☑  
**Do & Do Not**
- ☑ Chain slings & components ☑  
**Do & Do Not**
- ☑ Steel Wire Rope slings ☑  
**Do & Do Not**
- ☑ Textile Webbing Slings ☑  
**Do & Do Not**
- ☑ Rope Clips & Rigging Screws ☑  
**Do & Do Not**
- ☑ Spreaders, Grabs and Clamps ☑  
**Do & Do Not**

### What Items are discussed in Day 3:

- Rigging Plan, Safety & Risk Assessments
- ☑ Summary and Wrap Up
- Theoretical Assessment
- Practical Assessment

### Course Entry Requirements:

- ☑ Maths and English literacy (Minimum Grade 10)
- ☑ Physical ability to move and climb over or around loads
- ☑ Bring your PPE like overall or dustcoat, safety shoes, gloves and safety glasses for the practical session and assessment on day 3.