



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

- 1) Introduction
 - a) Standards
 - b) Why Training
- 2) Anatomy & Components
 - a) Inspection Records
 - b) Pre-Shift Anatomy
 - c) Interior
 - d) Exterior
 - e) Wire Rope, Rigging
 - f) Elevating Personnel
- 3) Stability Principles
 - a) Leverage
 - b) Load Charts
 - c) Range Diagram
 - d) Load Capacity
 - e) Line Configuration
 - f) Area of Operation
 - g) Boom Length
 - h) Load Chart Exercise
 - i) Capacity Chart
 - j) Dynamic Conditions
 - k) Ground Conditions
- 4) Rigging Considerations
 - a) Rigging-Related Accident
 - b) Typical Rigging Hardware
 - c) Lifting Hardware
 - d) Synthetic Slings
 - e) Round Slings
 - f) Inspections
 - g) Damaged Slings



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- h) Capacity
- i) Wire Rope
- j) Basic Rigging Practices
- k) Weight of the Load
- l) Load's Center of Gravity
- m) Sling Angles
- n) Basic Hitches

5) Safe Operation

- a) Training
- b) Planning
- c) Know your Crane
- d) Inspections, Manual
- e) Mounting, Dismounting
- f) Ergonomics
- g) Seatbelts
- h) Personal Protective Equipment
- i) Level
- j) Outriggers, Stabilizers
- k) Know your Worksite
- l) Pedestrians
- m) Traffic
- n) Hoisting Loads
- o) Radius, Load Weight
- p) Side Loading
- q) Tag Lines
- r) Safe Operations
- s) Communications

6) Common Hazards

- a) Critical Lifts
- b) Common Hazards
- c) Power Line Contact
- d) Electrocuting
- e) Outrigger Hazards
- f) Soil Types
- g) Overloading
- h) Two-Blocking the Crane
- i) Obstructed Vision
- j) Distractions



TRAINING OUTLINE

- k) Fatigue
 - l) Weather: Heat and Cold
 - m) Emotions/Physical Health
- 7) Conclusion