



| | | | |
|------------------------|------------------------------------|---------------------|----------------|
| COURSE TITLE | : Lifting Supervisor | COURSE CODE | : LSC |
| COURSE DURATION | : 3-day(s) / 21.50-hour(s) | COURSE LEVEL | : Intermediate |
| COURSE CATEGORY | : Competency | | |
| HRD CORP SCHEME | : Claimable | | |
| COURSE FEE | : RM1,166.00 (inclusive of 6% 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 signaller.
- 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. 21 years 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.



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.

| | | | |
|---|---|---------------------------|---------------|
|   | NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH | | |
| | COURSE SCHEDULE | | |
| | Document No. NIOSH-PDD-CS-LSC | Revision No. PDD210816 | Page 3 / 4 |

COURSE TITLE: LIFTING SUPERVISOR

DAY ONE

| TIME | HOUR | TOPIC | 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"> • Equipment and method selection • Method selection and inspection • Method selection, storage, inspection, operation | |
| | 7.00 | END OF DAY ONE | |

DAY TWO

| TIME | HOUR | TOPIC | TRAINER / FACILITATOR |
|-------------|-------------|---|-----------------------|
| 0830 - 1000 | 1.50 | Rigging and Slings Principles <ul style="list-style-type: none"> • Load confirmation • Load configuration • SWL • COG • Basic angle • Rigging/ slinging (secure the load) | |
| 1000 - 1045 | 0.25 | MORNING TEA BREAK | |
| 1045 - 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"> • Slings technique • Calculation | |
| 1630 - 1700 | 0.50 | Assessment | Trainer (BRTC) |
| | 7.00 | END OF DAY TWO | |

DAY THREE

| TIME | HOUR | TOPIC | TRAINER / FACILITATOR |
|-------------|-------------|--|-----------------------|
| 0830 - 1030 | 2.00 | Load Chart <ul style="list-style-type: none"> • With fly jib • Maximum radius crane and load • Identify Load • Safe zone | |
| 1030 - 1045 | 0.25 | MORNING TEA BREAK | |
| 1045 - 1300 | 2.25 | Continuation | |
| 1300 - 1400 | 1.00 | LUNCH | |
| 1400 - 1530 | 1.50 | Practical and Assessment <ul style="list-style-type: none"> • Normal Lifting • Critical lifting • Serious lifting | |
| 1530 - 1545 | 0.25 | AFTERNOON TEA BREAK | |
| 1545 - 1730 | 1.75 | Continuation | |
| | 7.50 | END OF THE COURSE | |