#### INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA



NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS

COURSE CURRICULUM TEL: 03 - 8911 3800 FAX: 03 - 8926 3900 URL: www.niosh.com.my



: Intermediate

: LSC

COURSE TITLE	: Lifting Supervisor	
COURSE DURATION	: 3-day(s) / 21.50-hour(s)	COURSE CODE
COURSE CATEGORY	: Competency	COURSE LEVEL
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 Slinging 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.

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# 5. LIST OF REFERENCE BOOK(S):

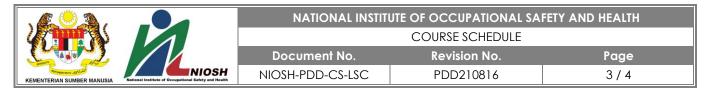
- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.

#### 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.



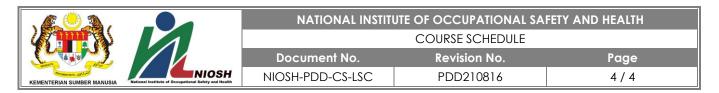
## COURSE TITLE: LIFTING SUPERVISOR

#### 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 • 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 Slinging Principles • Load confirmation • Load configuration • SWL • COG • Basic angel • 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 • Slinging 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 • 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 • Normal Lifting • Critical lifting • Serious lifting	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1730	1.75	Continuation	
	7.50	END OF THE COURSE	