



**COURSE TITLE** : Safe Lifting & Cargo Handling  
**COURSE DURATION** : 2-day(s) / 14.00-hour(s) **COURSE CODE** : SLCH  
**COURSE CATEGORY** : Non-Competency **COURSE LEVEL** : Basic  
**HRD CORP SCHEME** : Claimable  
**COURSE FEE** : RM848.00 (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 signaler.
- iii. Explain the load securing and transportation safety.

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

- i. Crane Operator - OTC.
- ii. Rigger.
- iii. Signaler.
- iv. Lorry drivers / Assistant (transportation).
- v. All interested parties.

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

- i. None.

**4. TOPIC(S):**

- i. Introduction to Cranes and Applicable Legal Requirement.
- ii. Lifting, Hazards and Risk Control.
- iii. Lifting Equipment.
- iv. Basic Rigging.
- v. Load Control and Signaling.
- vi. Demonstration and Practical Session for Lifting.
- vii. Load Securing and Transport Safety.

**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.
- v. Gantry crane prototype.
- vi. Lashing equipment.
- vii. Lifting equipment.
- viii. Vest.

**7. LIST OF CLASSROOM ACTIVITIES:**

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

 	<b>NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH</b>		
	<b>COURSE SCHEDULE</b>		
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**COURSE TITLE: SAFE LIFTING & CARGO HANDLING**

**DAY ONE**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0815 - 0830	0.25	Registration and Course Introduction	NIOSH
0830 - 1015	1.75	Chapter 1: Introduction to Cranes and Applicable Legal Requirements	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1130	1.00	Chapter 2: Lifting, Hazards and Risk Control	
1130 - 1300	1.50	Chapter 3: Lifting Equipment	
1300 - 1400	1.00	LUNCH	
1400 - 1515	1.25	Chapter 4: Basic Rigging	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1700	1.50	Continuation	
	<b>7.00</b>	<b>END OF DAY ONE</b>	

**DAY TWO**

TIME	HOUR	TOPIC	TRAINER/ FACILITATOR
0830 - 1015	1.75	Chapter 5: Load Control and Signaling	
1015 - 1030	0.25	MORNING TEA BREAK	
1030 - 1300	2.50	Demonstration and Practical Session for Lifting: <ul style="list-style-type: none"> <li>• Demonstration of Lifting Activity</li> <li>• Practical Exercise</li> </ul>	
1300 - 1400	1.00	LUNCH	
1400 - 1515	1.25	Chapter 6: Load Securing and Transport Safety	
1515 - 1530	0.25	AFTERNOON TEA BREAK	
1530 - 1700	1.50	Continuation	
	<b>7.00</b>	<b>END OF THE COURSE</b>	