

Sparrows Lift Plan & Risk Assessment

Duration	1 Day
Target group	The Sparrows Lift Plan & Risk Assessment course is designed for personnel involved with day-to-day rigging and/or crane operations and supervisory personnel responsible for overseeing safe lifting operations.
Prerequisites	It is the responsibility of the employer to ensure that candidates elected for this training are currently or soon-to-be involved with day-to-day rigging and/or crane operations.
Objective	The aim of this course is to ensure delegates have the knowledge and skills to be able to plan, risk assess, and conduct and/or oversee safe lifting operations.
Contents	<p>The course covers:</p> <p>Health and safety legislation:</p> <ul style="list-style-type: none">•Health and Safety at Work etc. Act 1974•S.I. 2307 Lifting Operations and Lifting Equipment Regulations 1998 (LOLER)•Codes of practice•HSE guidance notes•British standards•MHSWR risk assessment process•Other supporting legislation and standards. <p>Planning the lifting operation:</p> <ul style="list-style-type: none">•Lift categories•Weight, size, shape and centre of gravity of the load•Method of attaching / detaching the load•Approved lifting points•Pre-use / post use equipment checks•Proximity hazards, obstructions, load path•Conflicting activities•Load / integrity / stability•Environmental conditions•Competency of personnel•Communication•Rigging loft control•Understanding the equipment register•Task details (step by step guide). <p>Risk assessment process:</p> <ul style="list-style-type: none">•Risk assessment process•General principles and purpose of risk assessment•Risk assessment in practice•Identifying the hazards•Evaluating the risks from identified hazards•Suitable and sufficient control measures to minimise risks. <p>Practical section</p> <ul style="list-style-type: none">•Delegates will be allocated case studies where they will be expected to

develop lifting plans and risk assessments for a range of routine and non-routine lifting operations.

Exam

A Sparrows certificate will be awarded on successful completion of this course. The certificate is valid for two years.