

## Lifting Operations Awareness – OSHA Standards

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**Duration** 45 minutes

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**Target group** Oil & Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Recall the key definitions and terms used for lifting operations
- LO2: Define lifting operations
- LO3: Identify lifting operations regulations in the workplace
- LO4: Identify the features of planning a lift
- LO5: Describe the classification of lifts – routine and non-routine
- LO6: Identify the examination and testing of equipment that is required under the regulations
- LO7: Identify the training that is required under lifting operations
- LO8: Identify which equipment is covered under lifting operations
- LO9: Identify the different types of lifting accessories
- LO10: Identify the different roles in lifting activities offshore
- LO11: Identify the hazards associated with mechanical lifting offshore, including equipment hazards
- LO12: Explain the Safe Working Load and color coding practices
- LO13: Identify safe lifting practices

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**Contents**

This course is available in the following languages: US English; Spanish. The aim of this course is to make you aware of lifting regulations, the different types of lifting equipment, the factors to consider when selecting equipment, the hazards associated with mechanical lifting activities and the different roles involved in these activities. Employers should provide additional training when a new hazard/procedure/condition or piece of equipment is introduced into the workplace or “unscheduled” refresher training is recommended as directed to address inadequacies in knowledge and to address unsafe acts/deviations from procedures.

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**Exam** The assessment is taken during the course and is within the expected duration.