

Lifting Operations Awareness – OSHA Standards

Duration	45 minutes
Target group	Oil & Gas Industry
Prerequisites	No prerequisites are required to sit this course.
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
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.
Exam	The assessment is taken during the course and is within the expected duration.