

# Appointed Person Training (Skills Card)



## At a glance...

### Assessed Customised Provision

Delivery Method: Theory/practical

Prerequisites: Safe Pass Card, PPS Number, National Insurance Number

## Introduction

The Appointed Persons (Lifting) Training Course is aimed at people who plan lifting operations in Ireland, UK and Europe

## Overview in brief

On completion of this 4-day course each participant should have sufficient knowledge and information to safely plan lifting operations for mobile cranes on a busy construction site. Participants should be able identify and implement safe systems of work for lifting operations including writing risk assessments and method statements.

## Who should attend?

Appointed Persons (Lifting) Training Course is aimed at people who plan lifting operations in Ireland and Europe. This training will provide candidates with the knowledge and the skills to ensure compliance with the law and to ensure the safety of employees and those who may be affected by their actions.

## What will be covered?

- Legislation - Safety, Health & Welfare at Work Act 2005, General Applications 2007, Construction Regulations 2013.
- Codes of practice - National Standards for the safe use of Cranes in Ireland 360:2019, reference to parts of BS7121 (UK crane reference material), Code of Practice for Avoiding Danger from Overhead Electricity Lines
- Roles and responsibilities of personnel involved with lifting operations – Appointed Person/Crane Co-Ordinator, Crane/Lift Supervisor, Crane Operator, Slinger Signaller.
- Crane appreciation - crane types, capabilities, and limitations – choosing the right crane for the job.
- Duty charts – understanding and interpretation.



- Crane terminology – understanding the language used in the industry.
- Documentation and certification for lifting equipment and lifting accessories – 6 monthly, 12 monthly, lifting people.
- Crane stability/ground conditions – Ground Pressure Calculations, Working near Excavations/Trenches.
- Safe Load Indicators (SLI) and Safe Working Loads (SWL) – Understanding the crane SLI.
- Lifting accessories – choosing the correct accessories for the job.
- Types of accessories and use - different types and capabilities.
- Slinging techniques – SWL of accessories, reductions in SWL.
- Down rating of accessories – Mode Factors – 2 leg and 4 leg.
- Sling angles – max angles of use – pressure in legs/slings.
- Communications – hand signals, two-way radio, crash radios-crane co-ordination.
- Planning a lifting operation – completing a lift plan including a risk assessment, method statement, toolbox talk and relevant drawings.
- Written Test. 60 Questions, completing a full lift plan.

