

# Appointed Person and Lift Supervisor Refresher Training



## At a glance...

### Assessed Customised Provision

Delivery Method:	Classroom
Recognised by:	Lantra Awards
Prerequisites:	Safe Pass Card, PPS Number, National Insurance Number, Proof of original AP/Lift supervisor certification.

## Introduction

The Appointed Persons/Lift Supervisor Refresher Training Course is aimed at people who plan lifting operations in Ireland, UK and Europe

## Overview in brief

***This Lantra-accredited Customised Award is exclusively developed and delivered by a Lantra-approved Training Provider, who meets our quality standards. The course is specifically tailored to meet learners' needs. For further details about the course content and delivery locations, please contact the Training Provider using the details provided below.***

The minimum age to undertake this course is 18.

On completion of this 1-day course each participant will have refreshed all information and 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 /Supervisory Lift Refresher Training Course is aimed at people who plan lifting operations in Ireland and Europe. This refresher training will provide candidates with the



must up to date 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?

**The 1 day NCLS Lantra Appointed Person / Lift Supervisor Refresher will consist of the following and include classroom and site based activity at our task specific, purpose built training centre in Lecarrow, Kilglass, Co. Roscommon.**

**All candidate must have and present their previously AP or Lift Supervisor Certification in order to complete this 1 Day AP/Lift Supervisor Refresher Course**

Topics covered during this course include:

- 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, Code of practise for the safe use with of tower cranes & self-erecting cranes 361:2013 – with 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
- Wind Pressure Calculation – Effects of wind on a load
- 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.
- Written Test. 40 Questions, completing a full lift plan.

## Other areas of interest

[Appointed Person and Lift Supervisor Refresher Training](#)

[Lift Supervisor Training](#)

[Appointed Person Training](#)

[Gantry Crane Training](#)

[Crawler and Mobile Rigging and Assembly Course](#)

