



OCCUPATIONAL HEALTH & SAFETY – SAIOSH

Accredited Short Course



HEALTH AND SAFETY

**Overhead Crane
Cab Controlled
SAIOSH**



BOOK NOW



5 Day Course



Classroom



NQF 5 CPD Points 5

ABOUT THIS COURSE

This skills programme prepares learners to operate an Overhead Crane Cab Controlled C31 safely and correctly in the workplace. The programme focuses on raising, lowering and moving suspended loads in accordance with NCoP Code C31.

Learners will gain knowledge of safety, health, environmental, risk and quality requirements, legislation, lifting machine equipment, materials, maintenance, rigging, slinging, freight handling, communication and lifting machine operations.

The practical component gives learners the opportunity to conduct pre-start, start-up and operational checks, conduct set-up checks, plan and prepare for lifting, lift, move and position loads, communicate with a rigger or signal person, and secure, refuel or energise and shut down the crane safely.



Target Audience

- **Workers**
- **Employees**
- **Supervisors**
- **Managers**
- **Officers**
- **Responders**
- **Staff/Personnel**
- **Trainees**

PRICE

CLASSROOM: R3000

(Includes snacks and beverages – only applicable to classroom bookings)

COVERED

Safety, Health, Environmental, Risk and Quality

- Relevant legislation, regulations and codes
- Driven Machinery Regulations
- National Code of Practice
- Department of Labour requirements
- Occupational Health and Safety Act
- Mine Health and Safety Act
- Workplace safety and risk control

First Aid, Firefighting and Wellness

- Potential hazards around injured persons
- Emergency documentation procedures
- Types of injuries
- Visible vital signs and signs of shock
- Basic first aid principles
- CPR awareness
- Serious bleeding control
- Fire triangle and causes of fire

Equipment, Materials, Maintenance and Techniques

- Sectors using lifting machines
- Role-players in the lifting machine environment
- Code of conduct for lifting machine operations
- Characteristics and uses of different materials
- Handling and storage methods for materials

Basic Rigging, Slings and Freight Handling

- Inspection and recording of lifting tackle fitness
- Slings methods and applications
- Care and safe storage of rigging equipment
- Certification of rigging and slings equipment
- Safe working load of slings

TOPICS COVERED

SMART ZONE

Principles of Lifting Machine Operations

- Different lifting machine environments
- Safe use and storage of lifting machine attachments
- Manufacturer instructions
- Standard operating procedures
- Documentation required for lifting machines
- Types and classifications of lifting machines

Pre-Start, Start-Up and Operational Checks

- Inspect the work area
- Identify risks and hazards in the work environment
- Assess and document risks and hazards
- Use applicable PPE and site-specific procedures
- Inspect the Overhead Crane Cab Controlled C31
- Identify crane components and their functions

Set-Up and Lifting Preparation

- Conduct set-up checks
- Check ground conditions
- Identify obstructions
- Stabilise the Overhead Crane Cab Controlled C31
- Identify risks such as power lines, excavations and embankments

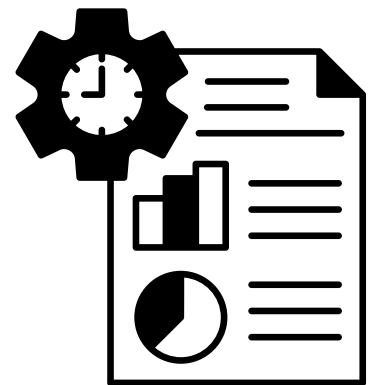
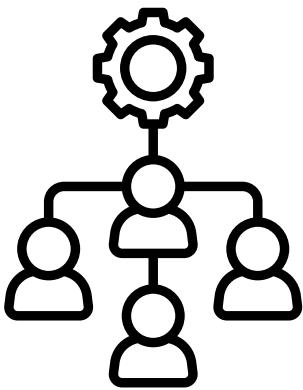
Operating, Securing and Shutdown

- Hoist, slew, move and lower loads
- Ensure slings are secure
- Lift load slightly to confirm correct slinging and centre of gravity
- Verify load indicator with load charts
- Handle controls smoothly
- Maintain load stability

KEY FEATURES

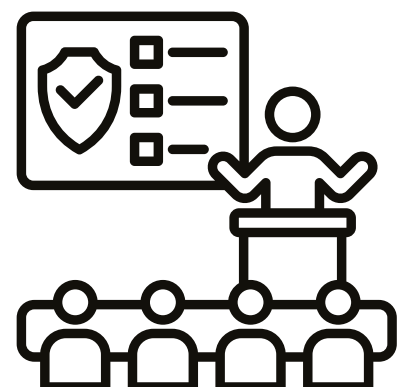
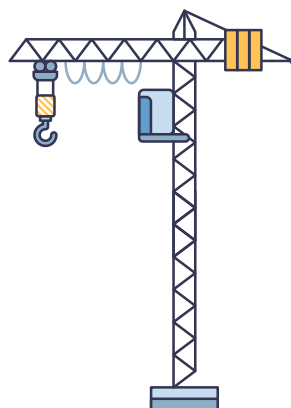
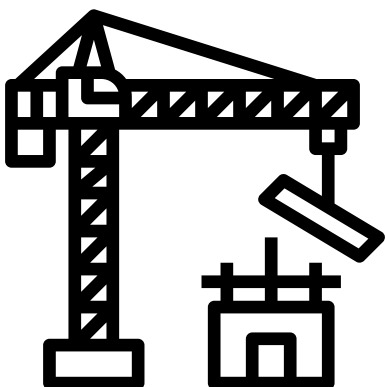
SMART ZONE

- QCTO accredited skills programme
- Quality Partner: TETA
- Overhead Crane Cab Controlled C31 Operator training
- NQF Level 3
- 40 credits
- Includes 12 knowledge credits and 28 practical credits
- Covers operation in accordance with NCoP Code C31
- Includes safety, health, environmental, risk and quality requirements



BENEFITS OF THIS COURSE

- Builds safe and confident overhead crane operating skills
- Improves understanding of lifting machine safety requirements
- Supports compliance with NCoP Code C31 and Driven Machinery Regulations
- Teaches correct work area inspection and hazard identification
- Improves ability to complete pre-start and operational checks





SIGN UP NOW

SIGN UP NOW AND SECURE YOUR PLACE

1. Register Online- www.zoneups.com
2. Select the training you prefer and the date you would like to attend.
3. Fill in the registration form.
4. Choose your payment method and finalize the booking.

Request a Quotation

Accreditation



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Institute Of
Occupational Safety
And Health*



Services SETA



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QCTO



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