



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Training

2) Anatomy

- a) Inspection Records
- b) Load Testing
- c) Anatomy, Pre-Shift
- d) Operator's Manual
- e) Capacity
- f) Labels
- g) Emergency Helps
- h) Controls
- i) Level
- j) Charts and Indicators
- k) Cab
- l) Chassis, Frame
- m) Hoses, Wiring
- n) Tires
- o) Outriggers/Stabilizers
- p) Turret, Boom
- q) Boom Tip, Anti-Two-Block
- r) Boom Angle Indicator
- s) Wire Rope, Rigging
- t) Breaks
- u) Birdcaging
- v) Other Gear
- w) Backup Alarm

3) Stability Principles

- a) Balance, Leverage
- b) Crane's Leverage
- c) Rate of Tipping



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- d) Load Charts
- e) Load Capacity Section
- f) Area of Operation
- g) Dynamic Conditions

4) Rigging Considerations

- a) Rigging and Lifting Hardware
- b) Synthetic Slings
- c) Web Slings
- d) Round Slings
- e) Inspections
- f) Damaged Slings
- g) Capacity
- h) Stitching
- i) Sligh Eyes
- j) Heat Damage
- k) Abrasion
- l) UV Damage
- m) General Damage
- n) Wire Rope
- o) Capacity Tags
- p) General
- q) Chain Slings
- r) Capacity Tags
- s) General Damage
- t) Hooks
- u) Shackles
- v) Basic Rigging Practices
- w) Weight of the Load
- x) Load's Center of Gravity
- y) Sling Angles
- z) Basic Hitches
- aa) Choker
- bb) Basket
- cc) Vertical Hitches
- dd) Bridles

5) Safe Operations

- a) Training
- b) Planning



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- c) Know your Crane
- d) Inspections, Manual
- e) Mounting, Dismounting
- f) Personal Protective Equipment
- g) Controls
- h) Outriggers/Stabilizers
- i) Radius, Leveling
- j) Know your Worksite
- k) Set Up Considerations
- l) Pedestrians
- m) Traffic
- n) Overhead Hazards
- o) Load Handling
- p) Communication

6) Common Hazards

- a) Critical Lifts
- b) Common Hazards
- c) Working around Power Lines
- d) Accident Profile #1
- e) Outrigger/Stabilizer Hazards
- f) Accident Profile #2
- g) Overloading
- h) Accident Profile #3
- i) Two-Blocking
- j) Accident Profile #4
- k) Riding the Load
- l) Accident Profile #5
- m) Obstruction of Vision
- n) Accident Profile #6
- o) Poor Rigging
- p) Accident Profile #7
- q) Distractions
- r) Fatigue
- s) Weather: Heat and Cold
- t) Emotions/Physical Health

7) Conclusion