INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA



NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS

COURSE CURRICULUM TEL: 03 - 8911 3800 FAX: 03 - 8926 3900 URL: www.niosh.com.my



COURSE TITLE	: Lifting Supervisor		
COURSE DURATION	: 3-day(s) / 21.00-hour(s)	COURSE CODE	: LSC
COURSE CATEGORY	: Competency	COURSE LEVEL	: Intermediate
HRDCORP SCHEME	: Claiamble	VALIDITY	: -
COURSE FEE	: RM 1,188.00 (inclusive of 8% SST)		

1. OBJECTIVE(S):

At the end of the course, the participant will be able to:

- i. Explain the legal requirement related to lifting operation.
- ii. Practice as rigger and signaler.
- iii. Explain the load securing and transportation safety.

2. TARGET GROUP(S):

- i. Managers / Executives.
- ii. Safety and Health Officers.
- iii. OSH practitioners.
- iv. Safety and Health Committee members.
- v. Supervisors and all levels of workers.

3. ENTRY REQUIREMENT(S):

- i. 21 years old and above
- ii. Hold a rigger certificate or experience in lifting works at least 3 years
- iii. Physically and mentally fit; and
- iv. Able to read and write either Bahasa or English
- v. Able to perform basic calculation mathematics

INSTITUT KESELAMATAN DAN KESIHATAN PEKERJAAN NEGARA



NATIONAL INSTITUTE OF OCCUPATIONAL SAFETY AND HEALTH

KURIKULUM KURSUS

COURSE CURRICULUM TEL: 03 - 8911 3800 FAX: 03 - 8926 3900 URL: www.niosh.com.my



4. TOPIC(S):

- i. Introduction to Crane Handling and Management.
- ii. Basic Crane Safety.
- iii. Communication and Hand Signals.
- iv. Lifting Equipment.
- v. Rigging and Slinging Principles.
- vi. Calculation on angle factor
- vii. Calculation on lifting (volume area, weight and density)
- viii. Lifting plan on detail inclusive design of load vs location
- ix. Load Chart

5. LIST OF REFERENCE BOOK(S):

- i. Occupational Safety and Health Act 1994.
- ii. Factories and Machinery Act 1967.
- i. Crane Note
- ii. Course Handbook

6. LIST OF TEACHING AID(S):

- i. LCD projector.
- ii. Computer.
- iii. White board with accessories.
- iv. Flip chart with accessories.

7. LIST OF CLASSROOM ACTIVITIES:

- i. Lecture.
- ii. Discussion.
- iii. Practical.
- **Note:** Participant is required to bring along Personal Protective Equipment (E.g. Safety Helmet and Safety Boot) for the training session.



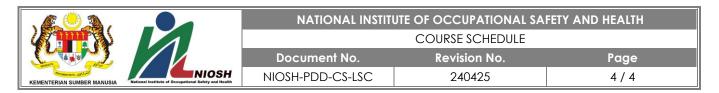
COURSE TITLE: LIFTING SUPERVISOR

DAY ONE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 0900	0.50	Registration and Course Briefing	NIOSH
0900 - 1030	1.50	Management and Crane Operation	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Introduction to OSH	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Communication and Hand Signal	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1730	1.75	 Lifting/Hoisting Equipment Equipment and Method Selection Method Selection and Inspection Method Selection, Storage, Inspection, Operation) 	
	7.00	END OF DAY ONE	

DAY TWO

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1000	1.50	Rigging and Slinging Principles: • Load confirmation • Load configuration • SWL • COG • Basic Angel • Rigging/ Slinging (secure the load)	
1000 - 1015	0.25	MORNING TEA BREAK	
1015 - 1300	2.75	Duties and Responsibilities Lifting Supervisor	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Site and job planning	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1630	0.75	Lifting method: • Slinging technique • Calculation	
1630 - 1700	0.50	Assessment	Trainer BRTC
	7.00	END OF THE COURSE	



DAY THREE

TIME	HOUR	TOPICS	TRAINER / FACILITATOR
0830 - 1030	2.00	Load chart: • With fly jib • Maximum Radius Crane and Load • Identify Load • Safe zone	
1030 - 1045	0.25	MORNING TEA BREAK	
1045 - 1300	2.25	Continuous	
1300 - 1400	1.00	LUNCH	
1400 - 1530	1.50	Practical and Assessment: • Normal Lifting • Critical Lifting • Serious Lifting	
1530 - 1545	0.25	AFTERNOON TEA BREAK	
1545 - 1730	1.25	Continuous	
	7.00	END OF THE COURSE	