

COURSE PROGRAMME

DAY 01

09:00 AM - 09:30 AM

- Fundamental of Rigging and Slings

09:30 AM - 11:00 AM

- Safe Work Practice
- Safe Practice Working around

02:00 PM - 03:00 PM

- Knot and Fiber Rope
- Wire Rope
- Load Calculation and Stability

03:00 PM - 04:00 PM

- Ropes and Cranes

DAY 02

09:00 AM - 10:00 AM

- Knot Tying -Load Estimation
- Hitch Configuration
- Sling Hitches and Sling Angle
- Chain and Lever Hoist Usage

10:00 AM - 11:00 AM

Rigging and Slings Awareness

- Safety -Care and Maintenance
- Records and Control

02:00 PM - 03:00 PM

Practical

- Rigging and Slings Practices
- Pre-lifting and Hoisting
- Lifting Tackles familiarations
- Do and Don'ts of Hoisting
- Proper use and applications

DAY 02

03:00 PM - 04:00 PM

- Examination



<https://kenyalangwcct.com>



REGISTERED
TRAINING PROVIDER



CLAIMABLE

**COMPETENCY: BASIC RIGGING
AND SLINGING**

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**ONLINE TRAINING
(CISCO WEBEX)**

Date	11 JULY 2025 - 12 JULY 2025
Session	09.00AM-16.00PM
Fee	RM 500.00/person

CEP (DOSH - HQ/14/2021/00532 (1)) : 10 POINTS
SBL-KHAS APPROVED

Register now at <https://training.kenyalangwcct.com>



COURSE OUTLINE

INTRODUCTION

The program is aimed at helping participants understand the hazard and risk working at height and how to prevent from falling accident including to enhance the competency of rigger in rigging & slinging activities. Working at height has been an issue due to highest number of accident. Knowledge, skill and attitude are very important in order to prevent falling accident with the used of proper safety hardness, proper and safe rigging & slinging methodology.

The scope of this training is to provide a details understanding of rigging & slinging work systems that needs to be implemented to ensure safety of the worker while working on Tower or any other high places and craning activities

WHO SHOULD ATTEND?

- Crane operator / Crane attendance
- Maintenance personnel
- Sub Contractor
- Emergency Response Team members
- Employees who working at height
- Managers/ Executives
- Safety and Health Officers



COURSE METHODOLOGY

- Initiate the audit
- Prepare audit activities
- Conduct audit activities
- Prepare and distribute the audit report
- Complete the audit
- Audit follow up

THE TRAINING METHODOLOGIES

Theory Session

- Dynamic & highly engaging presentation
- Interactive and fun
- Attention-grabbing audio-visual aids
- Real scene photographs, video clips, multimedia presentation

Practical session

- Multimedia presentation
- Hands-on experience
- Participant centered

OBJECTIVE

- Understand the OSHA & FMA legislation for crane operation
- Understanding the basic safety crane operation
- Understanding on the basic lifting equipment's.
- Able to perform hand signal & communication
- Understanding and able to do rope & knot.
- Understand rigging & slinging basics, including the importance of sling angle

ABOUT TRAINER