

Rope and Sling Specialists

RSS Appointed PICOLO (Person in Charge of Lifting Operations) Course Outline



Training Course Outline			
Course Name	RSS Appointed PICOLO	Duration	2 days
Training Objective	Appointed PICOLO		
Key Learning Point			
Carry out a brief covering: Health & Safety/ Facilities/ Refreshments			
1. Legal Stuff			
Health & Safety at Work Act			
<ol style="list-style-type: none"> 1. Supply Regs 2. UK Law 3. PUWER 4. LOLER 			
			Theory
2. Planning Lift Operation			
<ol style="list-style-type: none"> 1. Definitions 2. Planning & supervising lifting op 3. Risk Assessment 4. Method statement 5. Tasks 6. Lifting Equipment 7. Site 8. Communications 9. Selection of Equipment 10. Crane Signals 			
			Theory
3. Types of Crane			
<ol style="list-style-type: none"> 1. Mobile Cranes 2. Crawler Crane 3. Tower Cranes 4. Overhead Cranes 			
			Theory
4. Identification Parts & Components			
			Theory
5. Duty Charts			
			Theory
6. Stability			
<ol style="list-style-type: none"> 1. Slopes & Trenches 2. Imposed Loads 3. Reducing Imposed Loads 			
			Theory
7. Weight Estimation			
<ol style="list-style-type: none"> 1. Weight Estimation 2. Centre of Gravity 3. Sling Angles 			
			Theory
8. Chose The Right Sling			
<ol style="list-style-type: none"> 1. Wire ropes 2. Chain slings 3. Webbing slings 4. Round slings 			
			Theory
9. Sling Accessories			
<ol style="list-style-type: none"> 1. Dynamo eyebolts 2. Collar eyebolts 3. Eyebolt with link 4. Shackles 5. Hooks 6. Clutches 7. Rigging Screws 8. Wire rope grips 			
			Theory

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10.Pre Use Examination			
<ul style="list-style-type: none"> 1. Round Slings 2. Webbing Slings 3. Fibre Ropes 4. Wire rope slings 5. Chain Sling 6. Eyebolts 7. Shackles 8. Chain Blocks 9. Lift/Pull Machine 10. Lever hoist 11. Plate Clamps 			Theory
11. Definitions & Terminology			Theory
12.Sling Angles			Test
13.Scenarios			Practical
14.Lift Plan			Practical
15.Question Paper			Test