



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
- b) Standards

2) Anatomy & Components

- a) Inspection Records
- b) Anatomy, Pre-Shift
- c) Operator's Manual
- d) Capacity Labels
- e) Emergency Helps
- f) Controls
- g) Level
- h) Charts & Indicators
- i) Cab
- j) Operator's Station
- k) Chassis, Frame
- l) Hoses, Wiring
- m) Tires
- n) Outriggers/Stabilizers
- o) Turret, Boom
- p) Boom Tip, Anti-Two-Block
- q) Boom Angle Indicator
- r) Crane Block, Whip Line
- s) Wire Rope, Rigging

3) Stability Principles

- a) Balance, Leverage
- b) Crane's Leverage
- c) Rate of Tipping
- d) Deductions
- e) Dynamic Conditions



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4) Rigging Considerations

- a) Rigging-Related Accidents
- b) Typical Rigging Hardware
- c) Lifting Hardware
- d) Synthetic Slings
- e) Round Slings
- f) Rope Slings
- g) Inspections
- h) Damaged Slings
- i) Capacity
- j) Wire Rope
- k) Chain Slings
- l) Basic Rigging Practices
- m) Weight of the Load
- n) Load's Center of Gravity
- o) Sling Angles
- p) Basic Hitches

5) Safe Operations

- a) Training
- b) Planning
- c) Know Your Crane
 - i. Inspections, Manual
 - ii. Mounting, Dismounting
 - iii. Personal Protective Equipment
 - iv. Controls
 - v. Outriggers/Stabilizers
 - vi. Radius, Leveling
- d) Know Your Worksite
 - i. Set-Up Considerations
 - ii. Pedestrians
 - iii. Traffic
 - iv. Overhead Hazards
 - v. Load Handling
 - vi. Communication



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6) Common Hazards

- a) Critical Lift
- b) Common Hazards
- c) Working Around Power Lines
- d) Outrigger/Stabilizer Hazards
- e) Overloading
- f) Two-Blocking
- g) Riding the Load
- h) Obstruction of Vision
- i) Poor Rigging
- j) Distractions
- k) Fatigue
- l) Weather: Heat & Cold
- m) Emotions/Physical Health

7) Conclusion