



# 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) Mobile Crane Types
- b) Standards
- c) Why Training

### 2) Anatomy & Components

- a) Inspection Records
- b) Anatomy, Pre-Shift
- c) Operator's Manual
- d) Capacity, Labels
- e) Emergency Helps
- f) Control Station, Controls
- g) Level
- h) Cab
- i) Chassis, Frame
- j) Hoses, Wiring
- k) Tires
- l) Outriggers
- m) Turret Boom
- n) Wire Rope, Winch
- o) Attachments

### 3) Stability Principles

- a) Balance, Leverage
- b) Rate of Tipping
- c) Load Charts
- d) Set Up Considerations
- e) Dynamic Conditions

### 4) Rigging Considerations

- a) Typical Rigging Hardware
- b) Lifting Hardware
- c) Synthetic Slings



# TRAINING OUTLINE

- d) Round Slings
- e) Rope Slings
- f) Inspections
- g) Damaged Slings
- h) Capacity
- i) Chain Slings
- j) Basic Rigging Practices
- k) Weight of the Load
- l) Load's Center of Gravity
- m) Sling Angles
- n) Basic Hitches
- o) Single Choker
- p) Double Wrap Choker
- q) Single Basket
- r) Double Basket
- s) Vertical Hitch

## **5) Safe Operations**

- a) Training
- b) Planning
- c) Know Your Crane
- d) Inspections, Manual
- e) Accessing/Exiting
- f) Controls
- g) Personal Protective Equipment
- h) Outriggers
- i) Know Your Worksite
- j) Pedestrians, Workers
- k) Safe Parking
- l) Overhead Hazards
- m) Load Handling
- n) Weather Conditions, Daylight
- o) Communication
- p) Knuckle Boom Hand Signal

## **6) Common Hazards**

- a) Critical Lifts
- b) Common Hazards
- c) Power Line Contact
- d) Outrigger Hazards



# TRAINING OUTLINE

- e) Overloading
- f) Riding the Load
- g) Distractions
- h) Fatigue
- i) Weather: Heat & Cold
- j) Emotional/Physical Health
- k) Maintenance Related

## 7) Conclusion