



TRAINING AND PROJECTS

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Course Title: Lift and Move a Load Using Mechanical Lifting Equipment

SAQA ID: 244407

NQF Level: 3

Credits: 7

Course Description:

This course is designed to equip learners with the knowledge and skills necessary to safely and effectively lift and move loads using mechanical lifting equipment. It covers the principles of load handling, equipment selection, and safe operating procedures for various types of mechanical lifting devices. Through practical training, learners will gain hands-on experience in operating lifting equipment, ensuring compliance with safety regulations and industry standards.

Course Objectives:

By the end of this course, learners will be able to:

- Understand the principles of mechanical lifting and load handling.
- Select appropriate mechanical lifting equipment for specific tasks.
- Demonstrate safe operating procedures for lifting equipment.
- Perform lifting and moving operations effectively while minimizing risk.
- Comply with safety regulations and guidelines related to mechanical lifting.

Benefits of Completing this Course:

- Acquire essential skills for safe and efficient load handling using mechanical equipment.
- Enhance workplace safety by understanding and applying proper lifting techniques.
- Improve efficiency and productivity in lifting operations.
- Gain confidence in using various types of mechanical lifting equipment.
- Receive a recognized qualification that supports career advancement in various industries.

Who Should Attend:

- Construction workers and site operatives.
- Warehouse and logistics staff.
- Supervisors and managers involved in lifting operations.
- Individuals seeking to enhance their skills in mechanical lifting.



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Assessment:

Assessment will be based on the learner's ability to:

- Demonstrate knowledge of mechanical lifting principles and equipment.
- Select and use the correct lifting equipment for specific tasks.
- Conduct practical demonstrations of safe lifting procedures.
- Participate in discussions and activities related to lifting safety.

Specific Outcomes and Assessment Criteria:

By successfully completing this SAQA Unit Standard, learners will demonstrate competency in the following:

1. Understand Mechanical Lifting Principles:

- Explain the basic concepts of mechanical lifting and load handling, including types of mechanical lifting equipment (e.g., forklifts, cranes, hoists).
- Discuss the importance of load stability and balance.
- Assessment Criteria: Written assessment on mechanical lifting principles and safety considerations.

2. Select Appropriate Lifting Equipment:

- Identify various types of mechanical lifting equipment and their applications.
- Assess task requirements to select suitable lifting equipment for specific operations.
- Assessment Criteria: Practical exercise requiring learners to select appropriate lifting equipment based on given scenarios.

3. Demonstrate Safe Operating Procedures:

- Follow safe operating procedures when using mechanical lifting equipment.
- Demonstrate proper techniques for operating equipment and securing loads.
- Assessment Criteria: Practical demonstration of safe operating procedures in controlled lifting exercises.

4. Perform Lifting and Moving Operations:

- Execute lifting and moving tasks using mechanical equipment effectively and safely.
- Ensure that lifting operations comply with safety regulations and industry standards.
- Assessment Criteria: Practical assessment of performing lifting and moving operations using mechanical equipment.



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5. Adhere to Safety Regulations:

- Explain relevant safety regulations and best practices related to mechanical lifting.
- Promote a culture of safety and awareness among peers during lifting operations.
- Assessment Criteria: Group discussion and written assessment on safety regulations and practices in mechanical lifting.

By completing this course, learners will gain valuable skills in lifting and moving loads using mechanical equipment, contributing to safer and more efficient operations in various work environments.