



TRAINING AND PROJECTS

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Course Title: Lift and Move a Load Using Manual Lifting Equipment and Tackle

SAQA ID: 253582

NQF Level: 2

Credits: 8

Course Description:

This course equips learners with the skills and knowledge required to safely lift and move loads using manual lifting equipment and tackle. It covers the principles of load handling, equipment selection, and safe lifting techniques. Learners will engage in practical exercises to develop proficiency in using various manual lifting equipment and tackle, 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 manual lifting and load handling.
- Select appropriate manual lifting equipment and tackle for specific tasks.
- Demonstrate safe lifting techniques and practices.
- Perform lifting and moving operations effectively while minimizing risk.
- Adhere to safety regulations and guidelines related to manual lifting.

Benefits of Completing this Course:

- Acquire essential skills for safe and effective load handling.
- Enhance workplace safety by understanding proper lifting techniques.
- Improve efficiency and productivity in handling loads manually.
- Gain confidence in using manual lifting equipment and tackle.
- Receive a recognized qualification that supports career advancement in various industries.

Who Should Attend:

- Construction workers and general laborers.
- Warehouse staff and material handlers.
- Supervisors and team leaders involved in load handling operations.
- Individuals seeking to enhance their skills in manual lifting and safety.



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Assessment:

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

- Demonstrate knowledge of load handling principles and equipment.
- Select and use the correct manual lifting equipment and tackle for specific tasks.
- Conduct practical demonstrations of safe lifting techniques.
- 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 Manual Lifting Principles:

- Explain the basic concepts of manual lifting and load handling, including factors affecting safe lifting.
- Discuss the importance of ergonomics in load handling.
- Assessment Criteria: Written assessment on manual lifting principles and ergonomics.

2. Select Appropriate Lifting Equipment and Tackle:

- Identify various types of manual lifting equipment and tackle (e.g., hoists, pulleys, ropes).
- Assess task requirements to select suitable equipment for lifting operations.
- Assessment Criteria: Practical exercise requiring learners to select appropriate lifting equipment for specific scenarios.

3. Demonstrate Safe Lifting Techniques:

- Follow safe operating procedures when lifting and moving loads manually.
- Demonstrate proper lifting techniques to minimize the risk of injury.
- Assessment Criteria: Practical demonstration of safe lifting techniques in controlled exercises.

4. Perform Lifting and Moving Operations:

- Execute lifting and moving tasks using manual equipment and tackle efficiently.
- Ensure that lifting operations comply with safety regulations and industry standards.
- Assessment Criteria: Practical assessment of performing lifting and moving tasks in a safe manner.



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5. Adhere to Safety Regulations:

- Explain relevant safety regulations and best practices related to manual lifting and load handling.
- Promote a culture of safety and awareness among peers when performing lifting operations.
- Assessment Criteria: Group discussion and written assessment on safety regulations and practices.

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