



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Cab Controlled Overhead Crane Operator Skills Training

Physical Planning and Construction / Civil Engineering Construction

Unit Standard 116231 · NQF Level 2 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the skills to safely and efficiently operate cab-controlled overhead cranes in industrial environments. It covers pre-operational inspections, load handling, communication protocols, and emergency procedures to ensure compliance with South African health and safety regulations.

Category	Physical Planning and Construction
Subfield	Civil Engineering Construction
Unit Standard	116231
Accreditation	SAQA Accredited · NQF Level 2 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate pre-operational inspection procedures for cab-controlled overhead cranes according to manufacturer specifications.
- Apply safe load handling techniques including slinging, lifting, and placing loads within rated capacity.
- Analyze load charts and determine safe working loads for various lifting configurations.
- Implement effective communication and signaling methods with ground personnel during crane operations.
- Evaluate workplace hazards and apply emergency shutdown procedures in the event of equipment malfunction or unsafe conditions.
- Demonstrate compliance with relevant South African legislation and site-specific safety rules.

WHO SHOULD ATTEND

- This course is designed for operators, riggers, and supervisors who need to operate or oversee cab-controlled overhead cranes in manufacturing, warehousing, or construction settings.

COURSE OUTLINE

Day 1: Foundational Principles and Safety Framework

- Introduction to SAQA Unit Standard 116231 and the NQF.
- Overview of the Occupational Health and Safety Act (OHSA) and relevant SANS standards.
- Crane terminology, major components, and types of overhead cranes.
- Basic physics: load weight, centre of gravity, and stability principles.
- Standardised hand signals and radio communication procedures.
- Personal Protective Equipment (PPE) and pre-operational personal checks.
- Introduction to the crane cab: controls, instruments, and safety devices.
- Site-specific safety rules and emergency procedures.

Day 2: Pre-Operational Procedures and Basic Maneuvering

- Detailed pre-start inspection checklist: mechanical, electrical, and structural components.
- Inspection of the runway, rails, and clear working area.
- Functional testing of limit switches, brakes, overload devices, and emergency stops.
- Practising control familiarisation: smooth operation of all motions.
- Basic maneuvering exercises: precision placement of the empty hook.
- Correct start-up, operational, and shut-down sequences.
- Completion of logbooks and defect reporting procedures.
- Understanding load charts and crane capacity plates.

Day 3: Load Handling Techniques and Dynamics

- Principles of safe slinging: selection and inspection of slings, shackles, and hooks.
- Common rigging configurations (single leg, basket, choke) and their applications.
- Practical exercises: lifting, traversing, and spotting loads with precision.
- Techniques for controlling and minimising load swing.
- Estimating load weight and centre of gravity.
- Effects of side loading, dynamic forces, and wind on crane operations.
- Planning a simple routine lift: risk assessment and communication.
- Load handling near obstacles and in confined spaces.

Day 4: Advanced Operations and Complex Scenarios

- Team lifting operations: coordination with banksmen/slingers.
- Complex maneuvering: simultaneous multi-axis movements.
- Operating in visually restricted areas ('blind lifts') using signalers.
- Simulated emergency response: power failure, mechanical failure, and near-miss scenarios.
- Basic troubleshooting: identifying symptoms of common faults (e.g., brake issues, electrical faults).
- Handling challenging loads: long beams, drums, unbalanced loads, and fragile goods.
- Working in proximity to other cranes or equipment.
- Review of advanced load chart use for complex lifts.

Day 5: Integration, Assessment, and Certification

- Comprehensive practical integration exercise: planning and executing a non-routine lift from start to finish.
- Final practical skills evaluation against unit standard criteria.
- Written theoretical assessment covering legislation, safety, principles, and procedures.
- Feedback and review session with the assessor.
- Documentation completion: learner portfolio of evidence.

- Discussion on the role of the operator: ongoing vigilance, maintenance awareness, and continuous improvement.
- Next steps: workplace supervision, logbook completion, and the certification process.
- Course closure and issue of Statement of Results (if competent).

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **8 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 23,000.00	R 23,000.00
1	In-House	R 29,900.00	R 29,900.00
1	On-Campus (Pretoria)	R 34,500.00	R 34,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	07 Aug 2026	On-Campus	Pretoria, South Africa
03 Aug 2026	07 Aug 2026	On-Campus	Dubai, UAE
03 Aug 2026	07 Aug 2026	On-Campus	Cape Town, South Africa
03 Aug 2026	07 Aug 2026	On-Campus	Mauritius
03 Aug 2026	07 Aug 2026	On-Campus	Johannesburg, South Africa
03 Aug 2026	07 Aug 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	14 Aug 2026	On-Campus	Mauritius
10 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 116231) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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