



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

Lift And Move A Load On A Construction Site Training

Physical Planning and Construction / Civil Engineering Construction

Unit Standard 119527 · NQF Level 3 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips learners with the knowledge and practical skills required to safely lift and move loads on a construction site. It covers risk assessment, correct lifting techniques, and the use of mechanical aids to prevent injuries and ensure compliance with South African health and safety regulations.

Category	Physical Planning and Construction
Subfield	Civil Engineering Construction
Unit Standard	119527
Accreditation	SAQA Accredited · NQF Level 3 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate correct manual lifting techniques to minimize risk of injury.
- Apply risk assessment principles to identify hazards associated with lifting and moving loads.
- Select and use appropriate mechanical aids for moving loads safely.
- Implement safe stacking and storage procedures for various types of loads.
- Evaluate load characteristics (weight, size, shape) to determine safe handling methods.
- Communicate effectively with team members during lifting and moving operations.

WHO SHOULD ATTEND

- Construction workers, general laborers, and site supervisors who are required to lift and move loads manually or with basic mechanical aids as part of their daily duties.

COURSE OUTLINE

Day 1: Introduction to Load Lifting and Safety on Construction Sites

- Course overview and outcomes.
- South African construction safety legislation (OHSA).
- Hazard identification and risk assessment basics.
- Types of loads and lifting equipment overview.
- PPE selection and inspection.
- Team communication and hand signals.

Day 2: Principles of Load Assessment and Weight Estimation

- Weight estimation methods (formulas, charts, scales).
- Centre of gravity and balance principles.
- Load stability and securing techniques.
- Types of loads: uniform, irregular, liquid, etc.
- Practical exercises in load assessment.

Day 3: Lifting Equipment – Types, Selection, and Inspection

- Overview of lifting equipment: mobile cranes, tower cranes, hoists, forklifts.
- Slings: wire rope, chain, synthetic – applications and limitations.
- Inspection procedures for lifting gear.
- SWL/WLL and load rating plates.
- Tagging and record-keeping for equipment.

Day 4: Rigging Techniques and Load Attachment

- Types of hitches: vertical, choker, basket, multi-leg.
- Sling angles and their effect on capacity.
- Load balancing and equalizing techniques.
- Use of shackles, hooks, and eye bolts.
- Practical rigging exercises.

Day 5: Lifting Operations Planning and Risk Assessment

- Lift plan components: load details, equipment, personnel, route.
- Risk assessment matrix and control measures.
- Environmental considerations: weather, visibility, ground bearing capacity.
- Communication plan and emergency response.
- Case studies of lift planning.

Day 6: Safe Operation of Lifting Machinery – Cranes and Hoists

- Crane controls and functions.
- Safe operating procedures: start-up, movement, shutdown.
- Load chart interpretation.
- Dynamic forces and load control.
- Practical operation exercises in a controlled environment.

Day 7: Advanced Rigging and Multi-Leg Lifts

- Multi-leg sling calculations (trigonometry).
- Spreader beam design and use.
- Tandem lift planning and execution.

- Load equalization and leveling.
- Practical advanced rigging exercises.

Day 8: Lifting in Confined Spaces and Over Obstructions

- Confined space lifting strategies.
- Obstruction avoidance and path planning.
- Communication methods in low-visibility conditions.
- Controlled lowering and positioning.
- Practical scenarios with obstacles.

Day 9: Load Securing and Transport on Site

- Load securing principles: friction, lashing, blocking.
- Types of tie-downs and tensioning devices.
- Legal requirements for load transport (NRTA).
- Pre-trip inspection of load security.
- Practical securing and transport exercise.

Day 10: Emergency Procedures and Incident Response

- Emergency scenarios: load drop, crane collapse, power line contact.
- Emergency stop procedures and evacuation.
- First aid for crushing, falls, and struck-by incidents.
- Incident reporting and investigation.
- Drill exercises.

Day 11: Practical Integration – Simulated Construction Site Lift

- Scenario brief: lift a heavy load over a building.
- Team roles assignment.
- Full lift cycle: planning, inspection, rigging, lifting, positioning.
- Monitoring and adjustment during lift.
- Debrief and feedback session.

Day 12: Assessment, Review, and Certification Preparation

- Written assessment covering theory.
- Practical assessment of lifting skills.
- Review of critical safety points.
- Certification requirements and documentation.
- Course evaluation and closing.

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 **15 NQF credits** at **NQF Level 3**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 41,000.00	R 41,000.00
1	In-House	R 53,300.00	R 53,300.00
1	On-Campus (Pretoria)	R 61,500.00	R 61,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
04 Aug 2026	19 Aug 2026	On-Campus	Dubai, UAE
05 Aug 2026	20 Aug 2026	On-Campus	Pretoria, South Africa
05 Aug 2026	20 Aug 2026	On-Campus	Lagos, Nigeria
06 Aug 2026	21 Aug 2026	On-Campus	Johannesburg, South Africa
07 Aug 2026	24 Aug 2026	On-Campus	Mauritius
10 Aug 2026	25 Aug 2026	On-Campus	Dubai, UAE
11 Aug 2026	26 Aug 2026	On-Campus	Pretoria, South Africa
12 Aug 2026	27 Aug 2026	On-Campus	Abu Dhabi, UAE

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 119527) 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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