



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

Lifting & Rigging Safety

Custom Courses / Health, Safety and Environment (HSE)

Unit Standard AATICD-0318 · NQF Level 5 · 10 Credits · 5 Days

COURSE OVERVIEW

This course equips participants with the essential knowledge and practical skills to safely perform lifting and rigging operations in accordance with South African health and safety legislation and industry best practice. It covers the selection, inspection, and correct use of lifting equipment, as well as risk assessment and load control, enabling participants to prevent accidents and ensure workplace safety.

Category	Custom Courses
Subfield	Health, Safety and Environment (HSE)
Unit Standard	AATICD-0318
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply relevant occupational health and safety legislation and regulations to lifting and rigging operations.
- Identify and interpret load characteristics, weight, and centre of gravity to ensure safe lifting.
- Select and inspect appropriate lifting equipment and rigging hardware for specific tasks.
- Demonstrate correct techniques for slinging, securing, and guiding loads.
- Analyze potential hazards and implement control measures in lifting and rigging operations.
- Evaluate the condition of lifting equipment and recommend actions for maintenance or removal from service.

WHO SHOULD ATTEND

- This course is designed for riggers, crane operators, construction workers, and any personnel involved in lifting operations in industrial, construction, or maintenance environments.

COURSE OUTLINE

Day 1: Introduction to Lifting & Rigging Safety

- Legal requirements: OHS Act, Construction Regulations, and relevant SANS codes.
- Duties of employers, employees, and contractors.
- Overview of lifting equipment types: cranes, hoists, slings, shackles, and hooks.
- Introduction to rigging hardware: wire ropes, chains, synthetic slings, and spreader beams.
- Roles and responsibilities: appointed person, rigger, banksman, and crane operator.
- Pre-use inspection principles and record-keeping.
- Safety signage and communication methods.
- Hazard identification and risk assessment basics.

Day 2: Rigging Hardware and Inspection

- Wire rope slings: construction, lay, and termination.
- Chain slings: grades, links, and attachments.
- Synthetic slings: web, round, and end fittings.
- Shackles, hooks, eyebolts, and turnbuckles.
- Understanding WLL, SWL, and safety factors.
- Inspection criteria for slings and hardware.
- Defect identification: kinks, cuts, corrosion, and elongation.
- Storage and care of rigging equipment.

Day 3: Load Estimation and Sling Configurations

- Methods of load weight estimation: calculations, data plates, and weighing.
- Centre of gravity and its effect on stability.
- Sling angle factors and tension calculations.
- Sling configurations: vertical, choker, basket, and multi-leg.
- Load balancing and rigging techniques for uneven loads.
- Load charts and capacity tables interpretation.
- Effects of load movement and dynamic forces.
- Hand signals and communication for safe load control.

Day 4: Lifting Equipment Operations and Safety

- Mobile crane types and components.
- Overhead crane and hoist operations.
- Pre-operational checks and maintenance.
- Lifting plan development and execution.
- Hazard control: overhead power lines, confined spaces, and personnel exposure.
- Safe rigging practices: lifting, moving, and lowering loads.
- Emergency procedures: load drops, equipment malfunction, and accidents.
- Communication and coordination among the lifting team.

Day 5: Risk Management and Practical Integration

- Risk assessment methodologies for lifting operations.
- Development of a lifting plan: step-by-step.
- Case studies of lifting incidents and lessons learned.
- Integration of theoretical knowledge into practice.
- Review of key concepts and assessment preparation.

- Legal and ethical responsibilities of the lifting team.
- Continuous improvement and safety culture.
- Final assessment and course wrap-up.

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 **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 17,700.00	R 17,700.00
1	In-House	R 23,100.00	R 23,100.00
1	On-Campus (Pretoria)	R 26,700.00	R 26,700.00

UPCOMING SESSIONS

Start	End	Method	Venue
05 Oct 2026	09 Oct 2026	On-Campus	Kigali, Rwanda
05 Oct 2026	09 Oct 2026	On-Campus	Bangkok, Thailand
05 Oct 2026	09 Oct 2026	On-Campus	Lusaka, Zambia
05 Oct 2026	09 Oct 2026	Online	—
05 Oct 2026	09 Oct 2026	On-Campus	Windhoek, Namibia
05 Oct 2026	09 Oct 2026	On-Campus	Nairobi, Kenya
05 Oct 2026	09 Oct 2026	On-Campus	Mbabane, Eswatini
12 Oct 2026	16 Oct 2026	On-Campus	London, UK

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 AATICD-0318) 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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