



# HERCULES

GROUP OF COMPANIES

## Lifting Operations Fundamentals of Overhead Cranes (T-100)



Hercules SLR provides training for overhead crane operators who will be operating overhead cranes 10Ton or under. For cranes over 10Ton operators are required to hold a licence issued by the province of NS as per the crane operators regulations. Hercules SLR training programs meet and exceed the requirements for the formal education for these licences.

### Program Overview

This program will provide students with fundamental knowledge of rigging, lifting and moving the load with an overhead crane to enable them to perform lifting operations specific to their requirements and environment in accordance with local regulations and industry standards.

### Training Objectives

Upon completion of the program students will be able to:

- Demonstrate knowledge of basic requirements of regulations, and their responsibilities
- Demonstrate knowledge of the rigging plan, load control and the rigging triangle
- Understand the basic rigging hitches and the selection of lifting equipment for the appropriate application
- Complete a pre use inspection of rigging hardware, slings and the overhead crane
- Use appropriate hand signals
- Demonstrate pre-use crane inspection
- Understand control functions
- Maintain crane log books

### Program Content

- Risk management and the basic rigging plan at the load hook
- Load control and rigging principles
- Loads affecting rigging and the rigging triangle
- Application of rigging hardware, slings and the appropriate hitches
- Pre use inspection of rigging hardware and slings
- Proper crane terminology
- Types and functions of overhead cranes
- Moving the load, maintaining control

### Format

The program is a combination of classroom theory and practical demonstration ensuring safe practices are used while operating the overhead crane, Students are evaluated by means of a written and practical examination. A certificate of completion will be issued which aids in addressing the various legislative requirements placed upon employers to ensure their employees are competent.

### Duration

16 hours

### Location

The standard program is held at our Head Office and manufacturing hub based in Dartmouth Nova Scotia, however we are able to utilize our other Hercules locations around the country or hold training at your facility.

Contact us for more information: [training@herculeslr.com](mailto:training@herculeslr.com)