

Overhead Crane Training

Perintis OSH Sdn Bhd



1-days



HRDC
Claimable



In-House / Public
Training



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Introduction:

This program provides participants with the knowledge and practical skills to safely operate overhead cranes in compliance with workplace safety regulations. It covers crane components, operational procedures, hazard identification, load handling, and emergency response to prevent accidents and improve workplace efficiency

Training Methodology:

Classroom lectures, demonstrations, hands-on crane operation, practical exercises, group discussions, and competency assessment

Objectives:

- Understand the types, components, and functions of overhead cranes
- Learn safe operational procedures and hazard prevention
- Apply proper load handling, lifting, and rigging techniques
- Respond effectively to operational emergencies
- Promote a culture of safety in crane operations

Benefits:

- Reduce risk of accidents and property damage during crane operations
- Enhance competency in operating overhead cranes safely
- Improve efficiency in material handling and lifting tasks
- Strengthen compliance with OSH regulations and industry standards



Course Outline

Introduction to Overhead Cranes

- Understanding crane types, components, and the legal responsibilities of the operator

Crane Operation Principles

- Checking the equipment before use and managing load balance within safe weight limits

Rigging and Load Handling

- Choosing the right rigging gear to secure the load and coordinating with ground crew

Hazards & Safe Work Practices

- Identifying worksite hazards, maintaining safe zones, and knowing how to react to emergencies

Practical Exercises

- Practicing supervised lifting, precision placement, and emergency drills

Contact Us :



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