

CPCS Truck Mounted Crane Training Programme - A60

New Starter / Foundation Training

Duration: 10 days (Times may vary according to candidate's application)

Abbreviations: D = Demonstration P = Practical T = Theory

Day 1 of 10			
Time	Subject	Method	Reference
08:00 - 08:30	Introduction & Registration	T	
08:30 - 10:00	Introduction to industry	T	
10:00 - 10:15	Break		
10:15 - 11:30	Introduction to industry (cont'd)	T	Any questions
H.A.S.A.W.A			
11:30 - 12:30	HASAWA & feedback session	T	
12:30 - 13:00	Lunch		
13:00 - 13:30	Safety signs & meanings	T	Selection of signs
13:30 - 14:00	COSHH	T	COSHH Register
14:00 - 14:45	Electricity on site	T	CD
15:00 - 15:15	Break		
15:00 - 16:00	PPE	T	CSN 074
16:00 - 16:45	Accident prevention & control	T	CSN 074
16:15 - 17:00	Day 1 Progress Questions		

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Day 2 of 10			
Time	Subject	Method	Reference
08:00 - 09:00	Questionnaire		
09:00 - 10:00	Pre-start checks	T	Crane Manual
10:00 - 10:15	Break		
10:15 - 11:00	Risk Assessment	T	Risk Assessment
11:00 - 12:30	Pre-start checks	D/P	Crane
12:30 - 13:00	Lunch		
13:00 - 14:45	Outrigger controls & operation	D/P	Crane
15:00 - 15:15	Break		
15:00 - 16:45	Setting crane on outriggers	D/P	Crane
16:45 - 17:00	Day 1 Progress Questions		

Day 3 of 10			
Time	Subject	Method	Reference
08:00 - 10:00	Crane controls	D/P	Crane
10:00 - 10:15	Break		
10:15 - 12:30	Crane controls & application	D/P	Crane
12:30 - 13:00	Lunch		
13:00 - 15:00	Crane controls – <i>no load</i>	D/P	Crane
15:00 - 15:15	Break		
15:15 - 16:45	Crane controls – <i>no load (cont'd)</i>	D/P	Crane
16:45 - 17:00	Day 3 Progress Questions		

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Day 4 of 10			
Time	Subject	Method	Reference
08:00 - 09:00	ASLI	T	OHP
09:00 - 10:00	ASLI	D/P	Crane
10:00 - 10:15	Break		
10:15 - 12:30	Crane controls – <i>no load</i> (ASLI)	D/P	Crane
12:30 - 13:00	Lunch		
13:00 - 14:00	Duty Charts	T	Duty Charts
14:00 - 14:45	Duty Charts as reference (ASLI)	D/P	Crane
14:45 - 15:00	Break		
15:00 - 16:45	Crane controls – <i>no load</i> (cont'd)	D/P	Crane
16:45 - 17:00	Day 4 Progress Questions		

Day 5 of 10			
Time	Subject	Method	Reference
08:00 - 10:00	Lifting loads no deflection	D/P	Crane Loads
10:00 - 10:15	Break		
10:15 - 12:30	Lifting loads (cont'd)	D/P	Crane Loads
12:30 - 13:00	Lunch		
13:00 - 15:00	Slewing loads – no swing	D/P	Crane Loads
14:45 - 15:00	Break		
15:15 - 16:45	Slewing loads (cont'd)	D/P	Crane Loads
16:45 - 17:00	Day 5 Progress Questions		

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Day 6 of 10			
Time	Subject	Method	Reference
08:00 - 09:00	Review of previous 5 days & items to revisit		
09:00 - 10:00	Driver's legal responsibility & duties	T	BS7121 & LOLER
10:00 - 10:15	Break		
10:15 - 12:30	Hook block reeving	D/P	Crane
12:30 - 13:00	Lunch		
13:00 - 15:00	Lifting loads & how to eliminate deflection	D/P	Crane
15:00 - 15:15	Break		
15:15 - 16:45	Swing loads & how to eliminate swing	D/P	Crane
16:45 - 17:00	Day 6 Progress Questions		

Day 7 of 10			
Time	Subject	Method	Reference
08:00 - 10:00	Continue lifting loads – no swing or deflection	D/P	Crane various loads
10:00 - 10:15	Break		
10:15 - 12:30	Continue lifting loads following Signallers instructions	D/P	Crane & Signaller
12:30 - 13:00	Lunch		
13:00 - 14:00	Fly Jibs different types & limitations	T	Duty Charts BS7121
14:00 - 15:00	Fitting Fly Jib	D	Crane & Manual
15:00 - 15:15	Break		
15:15 - 16:45	Fitting Fly Jib	D/P	Crane & Manual
16:45 - 17:00	Day 7 Progress Questions		

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Day 8 of 10			
Time	Subject	Method	Reference
08:00 - 10:00	Fitting Fly Jib & lift & transfer load	P	CPCS Marking Sheet
10:00 - 10:15	Break		
10:15 - 11:00	Proximity hazards i.e. excavations / underground services / counterweight / obstructions etc	T	BS7121 Parts 1 & 3
11:00 - 12:30	Slinging & Signalling (<i>best practice</i>)	T	BS7121
12:30 - 13:00	Lunch		
13:00 - 15:00	Documentation & how to follow & read a Method Statement & drawing	T	Crane file & Method Statement
15:00 - 15:15	Break		
15:15 - 16:45	Positioning a crane to lift various loads	D/P	Crane & Loads
16:45 - 17:00	Day 8 Progress Questions		

Day 9 of 10			
Time	Subject	Method	Reference
08:00 - 10:00	Positioning a crane to lift various loads (cont'd)	P	Crane & Loads
10:00 - 10:15	Break		
10:15 - 12:30	Positioning a crane to lift various loads (cont'd)	P	Crane & Loads
12:30 - 13:00	Lunch		
13:00 - 15:00	Review all previous training & cover any topic required	TDP	
15:00 - 15:15	Break		
15:15 - 17:00	Continue review of previous training	TDP	

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Day 10 of 10			
Time	Subject	Method	Reference
08:00 - 08:30	Explanation of test requirements	T	Theory test
10:00 - 10:15	Break		
10:15 - 12:30	Achievement Test – <i>practical & theory</i>	P	Practical Test
12:30 - 13:00	Lunch		
13:00	Achievement Test to completion		
Complete all documentation Course Summary & Evaluation			