APPROVED BY
JSC Gridins Enterprise LT director
__ of _____ 2015 by order Nr. P1-__

MOBILE ANTENNA AND EQUIPMENT ASSEMBLERS' LOAD LIFTING BASIC

TRAINING PROGRAM

NON-FORMAL TRAINING PROGRAM

Duration of training – 8 hrs.
Minimum education requirement – basic education

CURRICULUM COORDINATED BY:

JSC Gridins enterprise LT
Production manager
Valdas Prušinskas

____ of February 2015

JSC Gridins enterprise LT
Head of HSE
Regina Kazarauskienė

____ of February 2015

APPROVED BY:

_____
(company name, position)

_____
(name, surname, signature)

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JSC Gridins Enterprise
LT director
__ of _____ 2015 by order Nr. P1-__

TRAINING PROGRAM

Nr.	Course title	Amount of hours appointed	
		total	practical
	THEORETICAL TRAINING	**3**	**-**
1.	Occupational safety and health requirements for lifting loads.	0,5	-
2.	The equipment used for load-bearing, completion of equipment.	1	-
3.	Accidents while lifting loads.	1	-
4.	Ergonomics	0,5	-
	PRACTICAL TRAINING	**-**	**5**
	Total:	**8 hrs.**	

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QUALIFICATION REQUIREMENTS

Should be aware of:
1) the legislation relating to occupational safety and health requirements;
2) the general principes of lifting operations, work planning, organization and performance requirements.
3) the essential and individual risk factors related to the load-lifting operations;
4) the types of knots, the correct usage of knots, the problems during the usage of various knots.
5) the actions of the employees in case of an accident at work.

Must be able to:
1) assess the risk, safety and health conditions before starting work;
2) use the appropriate working tools in order to minimize the risk of lifting loads, injuries and the risk of accidents;
3) establish preventive measures to ensure the safe performance of work;
4) provide first aid in case of an injury;
5) the knowledge of various knots and the correct their usage.

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TRAINING PROGRAM

Nr.	Course title	Amount of hours appointed	
		total	practical
	THEORETICAL TRAINING	**3**	**-**
1.	**Occupational safety and health requirements**	**0,5**	**-**
1.1.	General load lifting planning, organization and performance requirements.	0,25	-
1.2.	Essential and individual risk factors, performing load-lifting operations.	0,25	-
2.	**Equipment used for load lifting**	**1**	
2.1.	Lifting tools, their classification and purpose.	0,5	-
2.2.	The evaluation of the lifting rating, complexity of equipment.	0.25	-
2.3.	Lifting methods	0.25	-
3.	**Accidents at work, occupational diseases and their prevention.**	**1**	**-**
3.1.	Accidents at work, their causes, types and prevention measures.	0,5	-
3.2.	Occupational diseases and their causes. Preventive measures. Supply of the personal protective equipment.	0,5	**-**
4.	**Ergonomics.**	**0,5**	
4.1.	Occupational safety and health requirements for work environment, work-sites, job organization and their execution. Ergonomics importance to health and safety.	0,5	-
	PRACTICAL TRAINING	**-**	**5**
1.	Introduction to the appropriate work postures and movements of the body.	-	1
2.	Practical lifting operations performance: Appropriate equipment selection, complexity of equipment. The types of knots, the correct usage of knots, the problems during the usage of various knots.	-	2
3.	Practical methods for lifting methods: Vertical load lifting, load lifting equipment at the barrier, load lifting in the horizontal position.	**-**	2
	Certification exam (1 trainee)	**0,5**	**1,5**
	Total:	**8 hrs.**	