



## نقل ورفع الأحمال الثقيلة أثناء مشاريع إدارية على اليابسة

**Duration:** 5 Days

**Language:** ar

**Course Code:** IND03-107

### Objective

Upon completion of this course, participants will be able to:

- Understand the importance of transportation and heavy lifting in onshore projects.
  - Identify various types of heavy lifting and transportation equipment.
  - Explain factors that may influence heavy lifting processes and safety.
- Conduct a thorough inspection of heavy lifting equipment to ensure maximum safety and function.
  - Examine risks and hazards and implement preventative measures and solutions.
  - Create plans detailing each stage of the onshore process for the project.
- Analyse the relevant health and safety regulations and ensure the project fully aligns with them.
  - Advise on using various accessories and attachments for heavy lifting and transportation machinery.

### Audience

This course is designed for anyone responsible for managing or involved in the process of transportation and heavy lifting within onshore projects. It would be most beneficial for:

- Operations Managers
- Project Managers

- Project Engineers •
- Transportation and Lifting Supervisors •
- Health and Safety Officers •
- Cargo Specialists •
- Crane and Equipment Inspectors •

## Training Methodology

This course uses a variety of adult learning styles to aid full understanding and comprehension. Participants will review plans and documents for real-world onshore projects to highlight the key equipment used, safety features, and potential risks.

Participants will be able to participate in a range of learning activities, including presentations, video materials, discussions, and practical activities. Throughout the course, they will also be provided with case studies to develop their knowledge further and test their new skills. Participants will be provided with all the necessary tools to complete these tasks effectively.

## Summary

Effective transportation is incredibly important for many organisations that rely on onshore trade and services. When transporting cargo, heavy lifting is often required. Heavy lifting can be a complicated process with a multitude of risks, so it is crucial for those involved to have a comprehensive understanding of all processes and health and safety standards.

To ensure a smooth journey throughout transit, those involved need to have considerable knowledge of the processes, functions, and features of various types of cranes and trailers. Because cargo types and weights vary, different equipment will need to be used. For extra heavy cargo, additional rigging and safety attachments are required to minimise the risk of damage to the cargo.

Alongside knowledge of the equipment itself, one would also need to be educated on the health and safety regulations and standards the project must adhere to. Establishing risk management through hazard identification and risk assessments is crucial, as this will allow for the opportunity to implement preventative measures to reduce the possibility of harm to human life and damage to cargo.

## Course Content & Outline

### Section 1: Introduction to Onshore Projects

- What may be included in an onshore project?
- The types of equipment commonly used in an onshore project.
- Maritime laws, regulations and contracts must be followed at all times.
  - Economics of onshore lifting projects.
- Environmental conditions that may impact project progress.

## **Section 2: Heavy Lifting Equipment**

- Explaining why the use of heavy lifting equipment is necessary for onshore processes.
  - The various types of land cranes – are mobile, carrier, boom, telescopic, and lattice.
    - The advantages and disadvantages of each type of crane.
- What safety accompanies each type of crane, and how can they be used effectively?
  - How ground conditions may influence crane operations.

## **Section 3: Utilising Multi-Cranes**

- Relevant regulations and standards – ASTM, EN, ISO and BS.
- What factors affect heavy lifting processes – the centre of gravity, load geometry and supporting points?
  - Establishing plans for heavy cargo lifting, including details such as crane models, position of cranes, ground preparation and boom length and angle.
  - Ensuring full control and management of the crane operations.

## **Section 4: Onshore Cargo Transportation**

- Using single and multimodal transport.
- Planning and preparing for extra heavy cargo – land topography, traffic permits and pilot cars.
- There are various types of heavy cargo hauling trailers, such as self-propelled trailers and towed trailers, and their benefits.
  - Types, applications, and structures of SPMT trailers.
  - Methods of supporting cargo during transit.

## **Section 5: Health and Safety**

- Identifying hazards and risks utilising various methods – HAZOP and LOPA.
- Prioritising risks, finding risk solutions, and implementing preventive measures.
  - Effectively reporting minor and major incidents.
  - Raising health and safety awareness.
- Relevant health and safety regulations and standards – ISO 9001 and ISO 1400.

## Certificate Description

Holistique Training عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993 أو ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

## Categories

الهندسة، النقل، النظم البحرية والساحلية

## Related Articles



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Procurement compliance is vital for transparent, ethical, and efficient business practices. This blog provides valuable insights into the importance, benefits, and implementation of procurement compliance frameworks. Learn about metrics, technology, and prioritisation strategies for seamless adherence to regulations and ethical standards.

## YouTube Video

[https://www.youtube.com/embed/ki\\_YRDg-XE4?si=\\_ydOKAOX3YDhmHnV](https://www.youtube.com/embed/ki_YRDg-XE4?si=_ydOKAOX3YDhmHnV)