



M&A Safety Services

512 Viaulet Road
Youngsville, Louisiana 70592
Main: 337-451-4685
Fax: 337-451-5847
www.masafetyservices.com

Man-Riding Winch Safety

Course Outline

Prerequisites: This course shall have no formal pre-requisite. The individual should have no history of a disabling medical condition, which may be sufficient reason for disqualification.

Course Length: 3-4 hours – Course length shall vary depending on the number of delegates. Total course time includes breaks.

Class Size: The maximum number of delegates that may be trained and tested per instructor shall be thirty-five (35) in the classroom session and twenty (20) in the practical session. A second instructor shall be added for the practical session once the participation exceeds twenty (20) and exercises will be divided into groups.

Course Objective

-) Provide delegates assigned to operate industrial Man-Riding Winches the necessary skills to safely perform their jobs.
-) Provide delegates with recommended industry practices to allow safe work with Man-Riding Winches.
-) Delegates should be able to demonstrate the necessary skills during practical examination and demonstrate knowledge during written examination.

Course Design

-) Power Point© / Lecture / Audio Video / Visual Aids
-) Demonstrations
-) Practical Exercises

Successful Course Completion

-) Requires a minimum score of 75% or better.
-) Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
-) Delegates will have no more than thirty (30) minutes to complete the exam.
-) Successful completion of practical session is mandatory.

Course Content Summary

-) Classroom
-) Practicals

Breaks: 10 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)



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Course Outline

About Man-Riding Winch

-) Why Training?
-) Definitions
 - o Operator
 - o Qualified Person
 - o Qualified Rigger
 - o Boatswain's Chair
 - o Red Zone
-) Air Compressor Terms
 - o Pounds Per Square Inch (PSI)
 - o Absolute Pressure
 - o Cubic Feet Per Minute (CFM)
 - o Standard Cubic Feet Per Minute (SCFM)
-) Roles and Responsibilities
 - o Facility Manager/Yard Manager/Offshore Manager
 - o First Line Supervisor/Superintendent
 - o Winch Operator
 - o Signal Person
 - o Personnel Working Near Equipment

Hoisting Personnel

-) Attachment and Rigging
-) Rigging Hardware
-) Pre-lift Meeting
-) Using a Boatswain's/Bosun Chair
-) Lifting Personnel

Boatswain's/Bosun Chair

-) Purpose
-) Personnel Riding
-) Fall Arrest
-) Work Positioning
-) Limitations
 - o Capacity
 - o Environmental Hazards
 - o Swing Impacts
 - o Free Fall
 - o Training
-) Inspection
-) Donning



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Man-Riding Operational Requirements

-) Qualified Person requirements
-) Alternative Methods
-) Job Safety Analysis
-) Pre-Job Safety Meeting
-) Harnesses and Associated Equipment
-) Connecting Devices
-) Winches and Lifting System
-) Secondary Independent - Connection Fall Protection
-) Pre-Lift Procedures
-) Lifting Procedures
-) Winch Operators
-) Man-Riding Winch Storage

Man-Riding Winch Safety

-) Safety Devices
-) Personal Protective Equipment
-) Barricading the Work Area
-) Man-Riding Winch Installation
 - o Pre-Installation Requirements
 - o Securing Air Winch
 - o Power Supplies
 - o Calculating Air Flow
-) Air Compressors
 - o Installation
 - o Requirements
 - o Test Certificates
 - o Air Supply Information
 - o Calculating Air Flow
-) Snatch Blocks
 - o Requirements
 - o Selection
-) Sheave Inspection
-) Proper Sheave/Wire Rope Requirements
 - o Sheave Inspection
 - o Wire Rope Spooling
 - o Wire Rope Maintenance
 - o Wire Rope Alignment Techniques



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Man-Riding Winch Operation

-) Winch Capacity
-) Winch Speed
-) Winch Operation
 - o Pre-Operations
 - o Post Operations
 - o Winch Brake
 - o Load Control/Tag Lines

Hand Signals

-) Signal Person Requirements
-) Hand Signal Review

Practical Session

Practical training shall utilize an air winch, Boatswain's/Bosun Chair, loads & rigging techniques.

Practical shall verify that the delegate is able to complete the following:

-) Select and wear appropriate PPE during practical training
-) Inspect man-riding harness properly
-) Inspect and identify damaged hardware/rigging gear
-) Select the appropriate hardware/rigging gear to complete required lifts
-) Communicate effectively with the operator using proper hand signals
-) Select the appropriate rigging techniques to complete the required lifts
-) Maintain hand/body position absent from hazards (pinch points)
-) Prevent anyone from standing under a suspended load
-) Work safely with others as a team
-) Store hardware/rigging gear properly following its use

Training Center Provided Material

-) PPE
-) Rigging Material
-) Boatswain's/Bosun Chair
-) Air Winch

Delegate Requirements

-) Must possess good physical health as the practical training is physical demanding.

Reference Material / Documents

OSHA 1926.1431 Hoisting Personnel

ASME B.30.23 Personnel Lifting System

ANSI A10.22 Safety Requirements for Rope Guided and Non-Guided Workers' Hoist