

CPCS Appointed Person (Lifting Operations) Self-Profile Form

The Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 state that every lifting operation must be properly planned by a competent person. Codes of Practice define a competent person as one who has “adequate practical and theoretical knowledge and experience of planning lifting operations”. The short duration and intense nature of the course does not allow detailed coverage of all of the subject areas below.

The aim of this self-profile form is to allow applicants to measure their knowledge of lifting

operations using the questions below. This will help candidates, and their employers, determine their readiness for the course; thus improving the chance of candidate success.

Candidates should answer all questions honestly. The advice given at the bottom will only be beneficial if the questions have been answered accurately. However, the decision as to whether or not the candidate will attend the course should be taken by their-self or their employer.

Questions

	Yes	No
1. Do you know what an 'included angle' is, in relation to lifting accessories?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you understand the purpose of using 'outrigger mats'?	<input type="checkbox"/>	<input type="checkbox"/>
3. Can you explain why a hoist rope must be kept vertical when lifting?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you understand the purpose of an 'R.C.I.'?	<input type="checkbox"/>	<input type="checkbox"/>
5. Can you describe what makes up the 'gross weight' of a load?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are you able to explain the difference between 'blocked', 'free-on-wheels', and 'pick & carry' duties of a crane?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you know the purpose of an 'over-hoist limit switch'?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you understand how to apply the 'Uniform Load Method' to the S.W.L. of lifting slings?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you define 'radius' and explain the effect it has when using cranes?	<input type="checkbox"/>	<input type="checkbox"/>
10. In relation to the use of cranes, can you give examples of a) hazards; b) risks; and c) control measures?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you understand the purpose of a 'thorough examination' on lifting equipment?	<input type="checkbox"/>	<input type="checkbox"/>
12. Can you state the minimum distance that should be maintained between any moving part of the crane and a nearby structure, without blocking access to persons?	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you understand how the number of 'falls' of rope affects the lifting capacity of a crane?	<input type="checkbox"/>	<input type="checkbox"/>
14. Can you describe the benefit of using a fly jib with an offset?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you know what factors of the configuration of a mobile crane affect its rated capacity (S.W.L.)?	<input type="checkbox"/>	<input type="checkbox"/>

Questions contd.

	Yes	No
16. Do you know how information determined by an anemometer can affect lifting operations?	<input type="checkbox"/>	<input type="checkbox"/>
17. Are you reasonably quick and tidy at English handwriting?	<input type="checkbox"/>	<input type="checkbox"/>
18. Can you read and understand a crane duties chart?	<input type="checkbox"/>	<input type="checkbox"/>
19. Are you able to construct a risk assessment and a method statement?	<input type="checkbox"/>	<input type="checkbox"/>
20. Do you have experience in producing, or working to, scale drawings?	<input type="checkbox"/>	<input type="checkbox"/>

Total number of questions answered 'Yes'

- **If you have scored 17 – 20;**
You have demonstrated a good knowledge of crane and lifting operations to comfortably participate in the course programme.
- **If you have scored 12 – 16;**
There are gaps in your knowledge of lifting operations, which could possibly be addressed either before or during the course. Researching these areas may help you get up to speed.
- **If you have scored under 12;**
Your knowledge of lifting operations is limited in comparison to the standards required for becoming an Appointed Person. If you have extensive experience in preparing risk assessments, method statements and scale drawings, you may adjust quickly to other course material. However, the content and intensity of the course may give you some difficulty. Other courses, and experience, may benefit you greatly before attending this course.

Please contact us for any advice on the completion and results of this self-profile, and other courses which may be more beneficial.

Please be aware that the Construction Skills 'Managerial & Professional' Health & Safety test must have been passed by all candidates attending this course within two years prior to the course date.

<http://www.cskills.org/supportbusiness/healthsafety/test/index.aspx>

The Theory Test questions and Practical Test specification for this course (category A61) are available to download:

<http://www.cskills.org/education/cpcs/index.aspx>

Candidate Name

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Company

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Course Date

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The candidate must bring a completed copy of this form with them when they attend the course.