

# NORTHERN ❖ STRANDS

## TRAINING COURSES

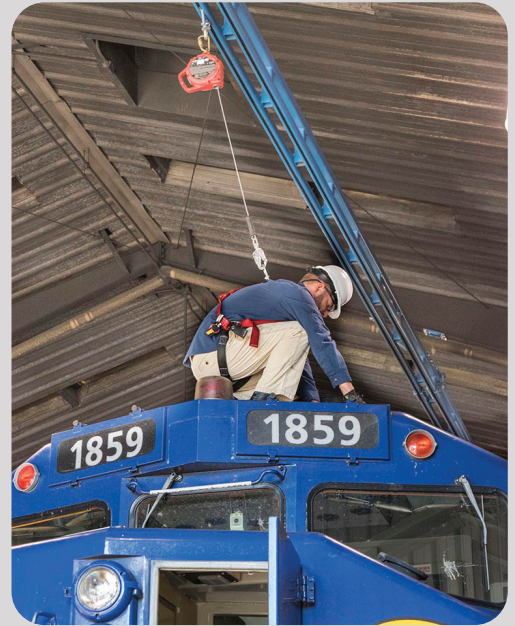
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- FALL ARREST • SUSPENDED ACCESS EQUIPMENT
  - WIRELOCK SOCKETING • BELOW THE HOOK RIGGING
  - OVERHEAD CRANE

# FALL ARREST

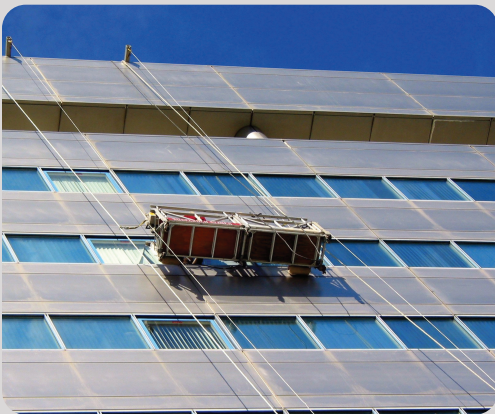
Our course is one of the few that addresses suspension syndrome using up-to-date research and recommendations. The course also includes hands-on training for harness donning and inspection techniques as well as other critical elements of working at heights, such as:

- Fall hazard assessment training.
- Rescue plan development.
- Recommended equipment selection based on CSA guidelines.
- Fall clearance calculations when using lanyards, SRLs, Leading Edge SRLs, and Vertical Lifelines.

Northern Strands can also pair Fall Arrest and Aerial Work Platform training so participants can bundle and save by getting 2 certifications in the same day!



## SUSPENDED ACCESS EQUIPMENT



This course explains existing industry best practices/procedures and applicable regulations in order to raise awareness about suspended access equipment and reduce or eliminate incidents and accidents related to its use.

A valid Fall Arrest certificate is a pre-requisite for the Suspended Access course.

The course also gives hands-on guidance in the assembly, inspection, and use of a suspended powered scaffold or “swing stage.”

## WIRELOCK® SOCKETING

Northern Strands' Wirelock® Socketing Seminar is designed for anyone required to terminate wire rope using Wirelock® resin and socket style terminations.

Northern Strands Wirelock® Socketing Seminar:

- Includes a Wirelock® manual to each learner that is vital for future reference during socket installations.
- Consists of a brief theory review with most of the course being hands-on.
- Instructs on the proper application of Wirelock® Socketing compound.
- Uses a destructive pull test to ensure each learner properly installed their socket in accordance with manufacturer's specifications.





# BELOW THE HOOK RIGGING

This program is geared toward workers in Saskatchewan and offers a diverse set of hands-on exercises and also serves as 8 of the required 40 hours as per the Table 13 Minimum Training Requirements for Competent Operator of a Crane.



## OVERHEAD CRANE

In order to be officially 'competent', an overhead crane operator must have either completed, or be in the process of completing, a training program that follows the guidelines of Table 13 in the Appendix of the OH&S Regulations.

Overview of Rigging and Crane course topics:

- **Rigging Safety** - delineation practices, PPE, inspection intervals, hand signals, tagline requirements, critical lifts.
- **Working Load Limit** - commonly used safety factors in rigging, ultimate loads, wire rope termination efficiencies.
- **Rigging Forces** - determining load weight, calculate location of Centre of Gravity, effect of angular rigging tension.
- **Slings** - sling configurations (hitches) and their effect on working load limits, application, limitations of use, and inspection guidelines for all common sling types.
- **Hardware** - application, limitations of use, and inspection guidelines for shackles, hooks, links/rings, eye bolts, swivel hoist rings, fist grip/U-bolt clips and wedge sockets.
- **Load Handling** - application, limitations of use and inspection guidelines for snatch blocks, multi-part line blocks, lever hoists, chain falls and plate clamps.
- **Overhead Cranes** - inspection, nomenclature of common components, legal requirements, safe operation.





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## WHY TRAIN WITH US?

We have the ability and flexibility to provide on-site training and can accommodate different work schedules. Seminars are led by knowledgeable and experienced instructors who hold several accreditations from industry leaders such as Columbus McKinnon, The Crosby Group, Capital Safety, Honeywell, and Occupational Health and Safety to name a few. Our courses are continuously updated to reflect the most recent versions of applicable standards and regulations and are exceedingly well reviewed by trainees from a wide array of different industries. Northern Strands can accommodate all training seminars on-site, provided a suitable work area is available, or at one of our facilities.

## CONTACT US

**(306) 242-7073**

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## VISIT ONE OF OUR LOCATIONS

### **SASKATOON**

**802 60th Street East  
Saskatoon, SK S7K 8G8  
(306) 242-7073**

### **REGINA**

**125 Henderson Drive  
Regina, SK S4N 5W4  
(306) 352-7073**

### **ESTERHAZY**

**816 Park Ave  
Esterhazy, SK S0A 0X0  
(306) 745-4640**

### **WINNIPEG**

**1137 Keewatin Street  
Winnipeg, MB R2X 2Z3  
(204) 632-4133**