

# Rigging: NCCCO-Level 01

## COURSE AGENDA

**Contact Hours: 18.00**  
**CEUs: 1.8**

This course meets the requirements for both:

- Test-prep\* for the Rigger 1 NCCCO (National Commission for the Certification of Crane Operators) certification, and
- OSHA requirement for a written assessment and practical demonstration exam, administered by a certified rigger.



## 18-hour Hands-on Agenda

### DAY 1

#### MODULE I: The Five Knots Needed to Complete Tasks In Rigging

- Knot tying activity

#### MODULE II: Pre-Lift Plan: Safety Review / Job Safety Audit

- Identifying hazards activity

#### MODULE III: Selection and Inspection of Equipment

- Selection and Inspection Activity
- Instructor demonstrates proper inspection throughout lecture

### DAY 2

#### MODULE IV: Avoiding Hazards in The Lift Process

- Lift hazards

#### MODULE V: The Lift Process

- Lift demonstration
- Student lift activity

#### Written Assessment

- 25 question written assessment



# Rigging: NCCCO-Level 01

## DAY 3

### Practical Demonstration: Hands On Lab Exercises (2-hour blocks)

Rotating student groups of three will perform Instructor Proctored hands-on demonstrations of proficiency as a capstone assessment. Assessment demonstrations are:

- Knot Demo
- Rigging Inspection
- Hitch Demo
- Lift Demo

#### ON-SITE HANDS ON LAB EXERCISES

- Knot tying activity
- Identifying hazards activity
- Selection and Inspection Activity

#### Day 3 Proctored Student Demonstrations

- Lift Demo
- Knot Demo
- Rigging Inspection
- Hitch Demo

★ NCCCO Test prep

