



EXERCISES TOWER CRANE

EXERCISE	PURPOSE	DESCRIPTION	FEATURES
BASIC LIFTING			
2.1 Basic Lifting	The purpose of the exercise is to practice basic lifting with the help of groundcrew.	The exercise involves moving materials from the ground level and up to a roof. Swing, trolley and hoist in an environment with moderate wind.	
2.2 Lowering loads	The purpose of the exercise is to learn to lower and aim loads.	The exercise involves lowering a number of loads down to ground level and aiming the placement.	
2.3 Placing beams	The purpose of the exercise is learn to place loads with small margins for error.	The exercise involves placing Ibeams on top of concrete pillars.	
2.7 Raise the crane (A)	Use segments to build up your height in this exercise.	The exercise involves lifting and handling crane segments to slowly increase the height of the crane.	
2.8 Raise the crane (B)	The purpose of the exercise is to learn to work with the climber	The exercise involves lifting and handling crane segments with limited vision.	
CCO - EXAMS			
7.1 Chain in circle	CCO exercise 1.		
7.2 Test weight in circle	CCO exercise 2.		
7.3 Navigate the obstacle course	CCO exercise 3.		
PRACTICAL TEST EXERCISES			
8.2 Moving loads	The purpose of the exercise is to practice the swinging of loose loads over greater distances.	The exercise involves moving a loaded palletfork between checkpoints while keeping it steady.	
8.3 Concrete pouring	The purpose of the exercise is to practice concrete pouring with a steady and slow motion over a form.	The exercise involves using a concrete bucket in conjunction with groundcrew to fill a wooden form.	
8.4 Moving elements	The purpose of the exercise is to learn the reaction of loads when they are partially hoisted.	The exercise involves moving and tilting an I-beam to different angles.	



Developed by



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