

# Recovery Training Association

Heavy Course Tel 01492 514300 [www.vehiclerecoverytraining.co.uk](http://www.vehiclerecoverytraining.co.uk)

Health and Safety info

Roadside Safety Procedures

Understanding LOLER Regulations

Understanding PUWER Regulations

Understanding loads on winch systems

Safety info into Winch Operations

Understanding

Single Line Pull

Double Line Pull

3 to 1 Multi Line Pull

4 to 1 Multi Line Pull

Loads at Angles

Indirect Pull

Pre use inspections information on

Snatch Blocks

Chains

Winch Ropes

Shackles

Webbing Straps

Lashing Points

Winch calculations

Understanding what is a shock load

Indirect winch calculations

Understanding Winch signals

Demonstration of

Correct roadside safety procedures

Correct use of Underlift

Correct use of Forks

Correct use of Winch

Correct set up of (1-1, 2-1, 3-1 and 4-1 )

Correct use of winch equipment on uneven ground

Correct procedures to recover a jack-knifed vehicle

Correct procedures to upright an overturned vehicle

Underlift operations

Lift a vehicle using forks from front and back

Lift a vehicle with chains front and back

Lift a trailer with chains front and back

Student Practical Assessment

Student theory Test

Recommended Course Length min 3 days with max 8 students