

# **Recovery Training Association**

**Light Course** Tel 01467 625511 [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**

**Indirect Pull**

**Loads at Angles**

**Understanding what is a shock load**

**Winch calculations**

**Demonstration of**

**Pre use inspections information on**

**Snatch Blocks**

**Chains**

**Winch Ropes**

**Shackles**

**Webbing Straps**

**Lashing Points**

**Demonstration of**

**Roadside Safety Procedures**

**Correct use of Slidebed**

**Correct use of Spec Frame**

**Correct Loading and Lashing**

**Correct use of Winch**

**Correct set up of 2-1 winch layout**

**Correct set up of (indirect winch layout )**

**Correct use of winch equipment on uneven ground**

**Correct procedures to upright a light vehicle**

**Load a vehicle with steering on full lock**

**Load a vehicle into spec frame forward / rearward**

**Procedures to load a car with extensive damage**

**Student Practical Assessment of above**

**Student theory Test on above**

**Recommended Course Length min 2 days with max 8 students**