

# Load Restraint



## COURSE CONTENT:

Assessment is based on theory questions as well as simulated practical scenarios and includes:

1. Explanation of law and knowing your obligations
2. Hazard and risk identification and control
3. Personal protective equipment (PPE) requirements
4. General principles of load restraint
5. Types and limitations of restraints
6. Choosing and identifying correct restraint tools
7. Correct lashing points
8. Calculating restraint angles and capacities
9. Restraint of heavy equipment
10. Discussion of common industry problems

## DELIVERY METHOD:

- This unit contains both theory and practical elements.
- Blended training:
  - Face-to-face on the job
  - Classroom based
  - Option of self-paced theory assessment prior to practical assessment.

## PRICE:

RTCSA is a predominantly onsite training provider and prices will vary due to differing training locations, participant numbers, equipment availability. Training quotes are supplied at time of training enquiry.

## LOCATIONS:

RTCSA delivers Load Restraint classes at:

- Worksites throughout regional South Australia and North West + South West Victoria. Please contact their office for a quote.

## COURSE OVERVIEW:

This non-accredited training course is run to the NTC (National Transport Commission) Load Restraint Guide 2018 and provides direction on meeting the performance standard and the legislative loading requirements that apply in South Australia, New South Wales, Victoria, Queensland, the ACT, and Tasmania.

This course covers legal responsibilities and obligations, engineering facts on load restraint, and methods of safely restraining and transporting vehicle loads. It provides crucial knowledge for those involved with loading, unloading, and transporting cargo/freight.

## COURSE DURATION:

Approximately 4-6 hours, dependent upon participant skill, knowledge and class numbers. Please enquire at time of booking.



# Load Restraint

## ENTRY REQUIREMENTS:

- Participants must be 18 years of age or older.
- **Language, literacy and numeracy skills that are required for this course include:**
  - Being able to identify and interpret relevant information from workplace procedures, documentation, legislation and regulations.
  - Identifying and comprehending relevant mathematical information in relation to equipment operating capacities.
- Photographic identification must be provided on the day. ID must contain photo, signature, date of birth.
- PPE: Participants are required to wear personal protective equipment whilst attending this course, including hi-vis shirt or vest; long trousers; safety boots, safety glasses; or as per onsite requirements.
- Participants are to source own vehicle/trailer and cargo, or cost of hire is added to course fees.

## CONTACT DETAILS:

Regional Training Contractors of South Australia (RTCSA)  
PO Box 120  
MOOROOK SA 5332  
Web: [www.rtcsa.training](http://www.rtcsa.training)  
Email: [courses@rtcsa.training](mailto:courses@rtcsa.training)  
P: 0417 725 339  
ABN: 72 667 868 941

## QUALIFICATION OUTCOME:

Successful students will receive a digital Statement of Attendance for Load Restraint from Regional Training Contractors of South Australia.

Please refer to the RTCSA website for all enrolment terms and conditions, including policies and procedures, and pre-enrolment and registration details.

