



Docker-General Training

GENERAL DESCRIPTION OF THE TRAINING

The objectives of the training are to acquire the necessary skills and knowledge port-workers to all aspects of port work, loading and unloading of containers, loading and unloading of general cargo, heavy lifts, how to lash and hoist project cargo, lashing materials and lashing factors, how to work in a safe environment both for the worker as for his team mates, getting around on board of a ship, reading a cargo plan, and so much more. We aim to give the trainees a professional pride that represents an added value. This added value provides the necessary additional insight in the work at hand.

TRAINING SCHEDULE

1. Welcome
2. Organization of Port Labor in general
3. Personal protection gear
4. Access to ships, crane operators hand signals and communication
5. Lifting gear:
 - a. Safe working load
 - b. Chains, wires, ropes, flat belt slings, flexible bulk containers
 - c. Introduction to the practice material
 - d. Practice:
 - i. Open en close hatches
 - ii. Hatch covers
 - iii. Cross beams and panels
 - iv. Use and attachment of side ladders as well as hatch ladders
6. Manual lifting:
 - a. Lifting, carrying and putting down bags, bales and drums (clarified using films)
 - b. Manual lifting exercises
7. Handling of goods:
 - a. Introduction to different type of goods
 - b. Review of different type of goods and how to pile them up:
 - i. Bags
 - ii. Flexible bulk containers
 - iii. Card board boxes
 - iv. Boxes and cases
 - v. Metals
 - vi. Tubes and trees
 - vii. Paper and units of wood pulp
 - viii. Units
 - ix. Wood
 - x. Drums and poly cans
 - xi. Cars
 - xii. Bulk goods
 - xiii. Coils
 - xiv. Iron rods
 - xv. Packs of plates
 - xvi. Ship plates
 - xvii. Tubes in a hatch by signs of a crane driver



- xviii. Hooks – chains – ropes
- xix. Practice:
 - 1. Introduction to different kinds of lifting gear
 - 2. Making the first hoists
- c. Review of different ways to make hoists:
 - i. Chains, wires
 - ii. Slings
 - iii. Pallets
 - iv. Hook, fork pockets, spreaders
 - v. Practice:
 - 1. Making of hoists
 - 2. Working with nylon bags
- d. Working with general cargo:
 - i. Stacking on pallets
 - ii. Stacking on trailers
 - iii. Carrying of bags
- 8. Port Vehicles:
 - a. Discussion of different kinds of port vehicles:
 - i. Wagons
 - ii. Trucks
 - iii. Trailers
 - iv. Tractors
 - v. Forklifts
 - vi. Reach stackers
 - vii. ECHs
 - viii. Straddle carriers
 - ix. Bulk vehicles
 - b. Dangerous work situations with port vehicles
- 9. Quay work:
 - a. Generalities
 - i. Quay work, working in the warehouse
 - ii. Covering up and stripping hatches
 - iii. Working on a deck, tween deck, and lower hold
 - iv. Loading decks
 - v. Hatch sections
 - vi. Deck cargo
 - vii. Several crane works
 - viii. Working over 2 hands, over 4 hands
 - ix. Loading ramps
 - x. Throwing materials into the hold
 - b. Practice:
 - i. Handling of goods
- 10. Naval and port concepts:
 - a. Different kind of ships
 - b. Stowage
 - c. Nautical terms
- 11. Dangerous goods:



- a. Generalities
- b. Some characteristics
- c. Packing and labeling
- d. Protective clothing
- e. What to do in case of incidents
- f. Practice:
 - i. Danger of working with poly-cans
 - ii. Repair, fetch over and pump preliminary
 - iii. Working with dust- and gasmasks

12. Containers:

- a. Introduction
- b. Dimensions
- c. Types of containers
- d. Identification
- e. Structure and operations on a container terminal
- f. Structure of container vessels
- g. Stowage plan + CWS tag
- h. Safety flat + safety harness
- i. Radio procedure + exercises
- j. Overweight – over length – over width
- k. Stuffing and stripping

13. Lifting equipment:

- a. Derricks
- b. Cranes: floating-, loading-, mobile-, container cranes, and loading bridges
- c. Safe working loads (repetition and extension)
- d. Levers

14. First aid:

- a. Theory
- b. Exercises using a dummy