



Foreman Lashing & securing (L&S)

GENERAL DESCRIPTION OF THE TRAINING

The objectives of the training are to provide the necessary knowledge and skills to be a professional foreman lashing & securing and fore fill the tasks demanded as such.

To achieve these objectives, we provide the following training:

- ✓ Regulations
- ✓ Calculations
- ✓ Trigonometry
- ✓ Physics
- ✓ Lashing material
- ✓ Reading ship stowage plans
- ✓ Writing reports
- ✓ Communication of safety issues

TRAINING SCHEDULE

Regulations

- ✓ Regulations and legislation
- ✓ I.M.O./ M.S.L value
- ✓ I.M.O./ rule of thumb

Calculations

- ✓ Fractions, exponents, square roots
- ✓ Geometry, volume and mass
- ✓ Measuring and converting units (Metric – US & Imperial)

Trigonometry

- ✓ Triangles
- ✓ Pythagorean theorem

Physics

- ✓ Gravity, inertia, friction, other forces
- ✓ Centre of gravity
- ✓ Drawing of force vectors

Lashing material

- ✓ Lashing: Chains, steel cable, steel wires, synthetic straps, patent lashing
- ✓ Timber:
 - Maximal charging, deformation, pressure,...
 - Applications

Reading a stowage plan

- ✓ Reading a plan
- ✓ Loading plan and positions

Writing good reports

- ✓ Writing a report on activities

Communication of security issues

- ✓ What is communication?
- ✓ Defining a secure working area?
- ✓ Preparation & Execution of a take-5

All parts are both theoretical as practical. Max # candidates: 6

Total course duration: 10 to 30 days depending on the level of the candidates and the needed performance.