

# Modules

Here is the schedule of modules and sessions.



## MODULE 1: TERMINOLOGY

- Session 1 Introduction
- Session 2 Terminology

## MODULE 2: DIMENSIONS, WEIGHTS & FORCES

- Session 1 Gravity & Forces
- Session 2 Laws of Newton & Archimedes
- Session 3 Principle of Moment
- Session 4 Wind & WaterForce

## MODULE 3: HEAVY TRANSPORT

- Session 1 Transporters & Trailers
- Session 2 Principle Working (1)
- Session 3 Principle Working (2)
- Session 4 The Stability Area (Plan View)
- Session 5 3 & 4 Point Suspension
- Session 6 The Equalizing Effect
- Session 7 The Stability Area (Side View)
- Session 8 Pull Type & SPMT Capacities
- Session 9 The Differences Are Getting Smaller
- Session 10 Steering Capabilities
- Session 11 Naming Conventions
- Session 12 The Goose Neck
- Session 13 GroundPressures
- Session 14 Pull Force/TractiveEffort
- Session 15 Hydraulic & Structural Stability (1)
- Session 16 Hydraulic & Structural Stability (2)
- Session 17 Dolly Transport (Turn Tables)
- Session 18 Long Load Vehicles

## MODULE 4: HEAVY LIFTING

- Session 1 Types Of Cranes
- Session 2 What Is A Crane (Principle Of The Lever)
- Session 3 Principle Of The Hoist
- Session 4 The Load Chart
- Session 5 Types Of Lifts (Keeping The Load Level)
- Session 6 Lifting With 2 Cranes
- Session 7 Tailing Arrangements
- Session 8 The Tailing Frame
- Session 9 Ground Pressures
- Session 10 Load Spreading Options
- Session 11 Rigging Forces (1)
- Session 12 Rigging Forces (2)
- Session 13 Spreader Bars and Lift Beams
- Session 14 A Complex Lift Made Easy
- Session 15 Super Lift Attachments
- Session 16 Stability Of The Load
- Session 17 Erecting Wind Mills
- Session 18 The Lift Plan

## MODULE 5: JACKING & SKIDDING

- Session 1 Types Of Jacking Skidding Methods
- Session 2 Jack & Pack
- Session 3 Climbing Jacks
- Session 4 Strand Jacks
- Session 5 Strand Jack Applications
- Session 6 What Is Skidding, Skidding Components
- Session 7 Coefficient Of Friction, Different Materials
- Session 8 Hydraulic Skid Shoe
- Session 9 Hilman Rollers
- Session 10 Hydraulic Gantry (1)
- Session 11 Hydraulic Gantry (2)
- Session 12 Airbags

## MODULE 6: LOAD OUTS

- Session 1 Types of Barges
- Session 2 Background History
- Session 3 Terminology
- Session 4 Barge Stability
- Session 5 Hydrostatic Particulars
- Session 6 Tides
- Session 7 5 Types of Load-Out Operations
- Session 8 Type 1: Free Floating Barge, Tidal Conditions
- Session 9 Type 2: Free Floating Barge, Non-Tidal Conditions
- Session 10 Type 3: Steel Plates, Non-Tidal Conditions
- Session 11 Type 4: Barge Fixed Aground
- Session 12 Type 5: Beach Landing

## ADVANCED MODULE: STABILITY

- Session 1 Introduction to Center of Gravity
- Session 2 Stability of Hydraulic Transporters
- Session 3 Stability of Mobile Cranes
- Session 4 Stability of the Load to be Lifted
- Session 5 Stability of Ships and Barges



We have made significant investment in professional training, collaborating with an industry expert to develop a tailored eLearning platform. The Heavy Lift program, used by DHL, Kuehne+Nagel, Bertling Logistics, DB Schenker, DSV Panalpina, and over 1,000 other companies in more than 95 countries, is available to UFO members for just £250 per user, with discounts for multiple enrolments.

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