

Prepare: Quiet location? No distractions? Talk aids ready?

Reason: Lifting must be carried out in a safe manner.

Why: Unsafe lifting practices results in many accidents and injuries, including some fatalities, each year.

Outline: This talk will cover the procedures to follow to ensure that lifting operations are carried out in a safe manner.



Identification

- Lifting equipment now includes items of plant (such as fork-lift trucks and telescopic handlers), all mobile elevating work platforms as well as cranes, electric hoists, goods hoists, gin wheels etc.

General Precautions

- Risk assessments must be prepared for all lifting operations.
- All lifting equipment must be marked with its safe working load (SWL).
- Lifting equipment must not be used to move loads heavier than the SWL.
- Lifting equipment must only be used by people who have been trained to do so.
- Never stand under any suspended load.
- Look for overhead obstructions such as power cables.
- Ensure that lifting equipment has no obvious defects before using it.

Q: What restriction is there on a load to be lifted by lifting equipment?

Q: Who is allowed to operate items of lifting equipment?

Fork Lift Trucks And Telescopic Handlers

- Travel with load in lowest position and do not raise it whilst travelling.
- Ensure the load is stable and secure.
- Do not carry passengers unless a passenger seat is fitted.
- Do not use to lift people unless suitably adapted.

Q: How should the load be carried when travelling up a slope?

NOTES

[illegible]

TOOLBOX TALK #38

Lifting Equipment

NOTES

Cranes

- Use cranes to lift and lower loads vertically, do not drag loads.
- At least one trained signaller (banksman) must supervise lifting operations.
- It may be necessary to attach tag lines to the load to stabilise it when lifted.
- Beware of changing weather conditions or wind speed making lifting operations unsafe.

Q: What checks would you carry out prior to use? Mobile Elevating Work Platforms

- Use only on firm, level ground.
- Use outriggers or stabilisers where necessary.
- Except for scissor lifts, users should wear a safety harness clipped to machine

Do you have any questions for me?

Sources: [Safe lifting by machine - HSE Lifting equipment at work: A brief guide to the law INDG290](#)

For more information

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