Golden Rule #5: Lifting & Mechanical Handling

Always use authorized, appropriately maintained and certified lifting devices capable of lifting a load in a controlled manner and safeguard against encroachment under suspended loads by pedestrians and mobile equipment.
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- Safe lifting practices will require:
  - Hoisting equipment that is designed and rated to lift the load.
  - Hooks / slings / chains / clamps applied as designed for lifting.
  - A balanced load using a controlled lift.
  - Restriction of vehicle and pedestrian in the travel of a lift.
  - Rigging plan for critical lifts.

- Hoisting equipment such as trolley and stationary hoists, overhead cranes, mobile cranes are specially designed to lift loads at a rated capacity. This equipment will be identified with a maximum rating capacity. This capacity is based on a straight vertical lift without obstruction.

- Lifting equipment is to be regularly tested / maintained to ensure its ability to hoist loads safely.
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Know What You Are Lifting

• Know the weight of the material or object that is being lifted so that the proper capacity lifting equipment is applied.

Rigging Equipment

• Rigging must be performed by a person trained and qualified to perform the task. Industry standard rigging principles must be understood and applied for safe lifting of loads.

• Rigging equipment must have a certified capacity and must be physically inspected for any defects that would compromise its integrity during a lift.

Dispose of Defective Rigging

• Defective rigging equipment must be permanently removed from service and properly disposed of.
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- Restrict access to lifting areas during a lift.
  - Preferably lifts should be performed in areas where access by mobile equipment and personnel is limited to the hoisting equipment only, such as dedicated hoisting wells.
  - Where hoisting must take place in active areas, warning devices are required to signal mobile equipment and personnel on foot of a hoist taking place.
  - Systems must be designed to ensure that no person enters the path of an overhead lift.
  - No person is to enter the path of an overhead lift under any circumstances.
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The following key questions are suggested for management who must provide the supporting systems for risk control for lifting and mechanical handling.

- Have critical lift criteria been defined for the site operations and is there a process established for the completion of a rigging plan for critical and non-routine lifts?
- Has a process been established to manage the acquisition, maintenance and certification of lifting / rigging devices?
- Have lifting and rigging standards been established?
- Have lifting programs been established to qualify personnel to operate lifting devices and install rigging?
- Are planned inspections and maintenance programs in place for lifting and rigging equipment used on site?
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The following key questions are suggested for a supervisor who may have to assign critical task work.

Do I understand the lift that is to be made and that the capacity of the equipment meets the need for the lift?

Have I ensured that all necessary hazard analysis has been completed and a lift plan reviewed before the critical and non-routine lifts?

Have I ensured that the risks associated with executing the lift task are defined, lift procedures are in place and have been shared with the persons doing the work?

Have I checked that the persons doing the work are trained, qualified and are able to safely operate the hoisting and rigging equipment required?

Have I made sure that all necessary steps have been taken to restrict access to the path of the lift?
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The following key questions are suggested for an employee who may have to perform lifting.

Do I know the limits of the equipment that is being used for the lift?

Do I know the weight of the load being lifted and does it fall within the limits of the equipment available?

Have controls to manage risks associated with the lift, been defined and shared with me?

Do I have the appropriate knowledge to perform hoisting and to apply / inspect rigging equipment?

Have I made sure that warning systems are working / barricades are in place to prevent people and mobile equipment from entering the path of the lift?