

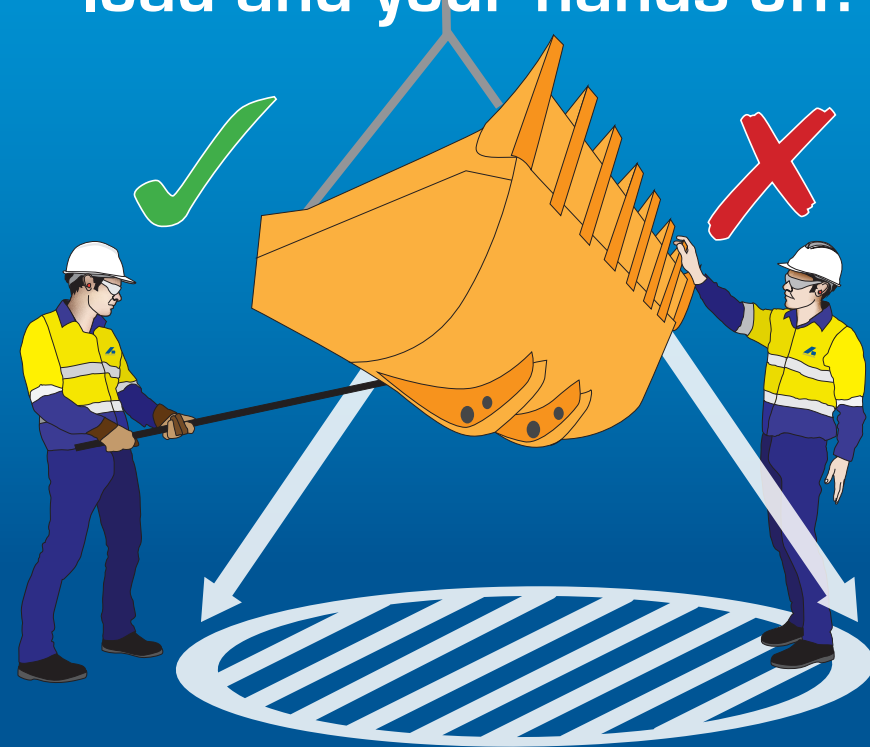


Cranes and Load Shifting

- No licence No lift
- ALWAYS COMPLETE THE PRESTART CHECK
- Understand the risks – have you been trained?
- Ensure people in the area are clear of the lift
- Observe load – never turn your back
- Plan your lift, plan the path
- Know the weight of the load and the capacity of the lifting equipment
- Never work or walk under a suspended load
- Keep out of the hazard zone
- Keep your hands off the load and the chains (holding the chains brings your feet into the hazard zone)
- Store slings and harnesses correctly and check they are in test date and sound condition
- Use lanyards or prods to guide loads



Keep an eye on your load and your hands off!



PROUD TO BELONG
PROUD TO BE SAFE



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Hand Protection

Personal Protective Equipment (PPE) is your last line of defence ensure you use it!

- Choose the right glove for the job where there is a hazard from:
 - Heat – use gloves appropriate for the temperature
 - Chemicals – use the gloves defined in the Safety Data Sheet
 - Cuts or abrasion – use cut resistant or leather type gloves
 - Vibration – use anti-vibration gloves
- Replace damaged or faulty gloves
- Keep your hands clear of pinch or crush points
- Keep your hands clear of operating machinery – use push sticks or guides
- Be aware of positions and movements of hands and wrists as you work:
 - Try to alternate or change movements to reduce strain



Hands are your best tool, but they don't come with spare parts.
Look after them!



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