

Load handling

Planning, carrying out, and carefully controlling load handling operations is essential to prevent risks of falling, crushing, or impact that could compromise workers' safety.

All lifting and handling activities must always be planned and never the result of spontaneous actions.

Ex: Examine the entire path to identify possible obstacles: fixed ones, such as columns, shelving, narrow doors, and movable ones, such as people, vehicles, and moving equipment.

Delimit the lifting and handling area to prevent anyone from passing near suspended loads and entering the Line of Fire.

Ex: use appropriate signage and markings (such as white and red tape, barriers, and/or fencing) to delimit the work area.

Ensure that the crane operator always has a clear line of sight during crane operation. Every movement should be carried out in the presence of a supervisor or a designated signal person, and there must always be visual or verbal contact.

Ex: assign a colleague the role of signalman to guide the crane operator, particularly in blind spots.

During the lifting and movement of the load, if you are working in a team, communicate clearly with your colleagues to coordinate effectively.

Ex: explain the lifting plan and the route to the team. After the activity, review the plan to assess any improvements for future similar operations

Are the lifting and handling equipment regularly maintained and certified by a third party?

Ex: make sure there is a copy of the periodic inspection certificate issued by an authorized third party (e.g., a certification body or a licensed engineer). Check that the certificate is valid and up to date.

Before lifting or manually handling an object, wear the appropriate PPE, checking that it is in good condition. Verify the weight, size, and shape of the object. If it is too heavy or bulky, ask for help or use mechanical equipment.

Ex: lift the load using the strength of your legs, keeping the load close to your body. Perform slow and controlled movements, avoiding twists or sudden movements that could cause injury.

Before carrying out lifting activities with the crane, have I performed the required safety checks?

Ex: check that the safety devices are functioning correctly, verify that the brakes are efficient, ensure that the cables are not damaged, and confirm that the load is securely fastened.

Regarding my role, have I been trained to carry out load handling operations?

Ex: if I am using specific equipment (such as cranes or self-propelled forklifts with an operator on board), I must have completed the mandatory training required by the State-Region Agreement.



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