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PROPER LIFTING PRACTICES – HOISTING

General

Determine the weight of the object or load prior to a lift to make sure that the lifting equipment can operate within its capabilities.

Balance Loads

Estimate the centre of gravity or point of balance. The lifting device should be positioned immediately above the estimated centre of gravity.

Landing the Load

Prepare a place to land the load, lower the load gently and make sure it is stable before slackening the sling or chain.

1. Select only alloy chain slings and NEVER exceed the working load limits.
2. Make sure the hoist or crane is directly over the load.
3. Use slings of proper reach. Never shorten a line by twisting or knotting. With chain slings, never use bolts or nuts.
4. Never permit anyone to ride the lifting hook or the load.
5. Make sure all personnel stand clear from the load being lifted.
6. Never work under a suspended load, unless the load is properly supported.
7. Never leave a load suspended when hoist or crane is unattended.
8. Inspect all slings thoroughly at specified intervals and maintain them in good condition.
9. Inspect each chain or sling for cuts, nicks, bent links, bent hooks, etc., before each use. If in doubt, don't use it.
10. Ensure that safety latches on hooks are in good working condition.
11. Ensure that the signaller is properly identified and understands techniques of proper signalling.
12. Make sure a tagline is used to control the load.