

Life-Saving Rule

Safe Mechanical Lifting

Plan lifting operations and control the area



- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load

Additional Guidance & References

Lifting operations need to be planned and performed by competent personnel using certified equipment.

To protect people around suspended loads and any mechanical lifting operation, access should be controlled through physical barriers and exclusion zones.

When mechanically lifting people (e.g. manriding, man-baskets, personnel transfer, mobile elevated work platform), organisations should provide equipment which is designed and certified specifically for lifting people.

Further reading:

- IOGP Report 376 – Lifting & hoisting recommended practice provides further guidance on essential principles for safe lifting (including personnel), implemented as part of a management system.
- IOGP Report 577 – Fabrication site construction safety practices – Hazardous activities provides simple requirements for lifting. Although developed for construction, these are easily transferable to other operations.