

# LIFTING ACTIVITIES



## Lifting Operation and Lifting Equipment

If your work activities undertake lifting operation or is involved in providing lifting equipment, you must manage and control the risks to avoid injury or damage



**STOP AND THINK...**

**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## What you should do

All lifting shall be properly plan.

People involved are trained and competent

Lifting job appropriately supervised

Comply with Workplace Safety and Health  
(General Provisions) Regulations, 2013 on  
specific clause requirements

**STOP AND THINK...**

**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## Guidelines for crane safety



### Look for crane inspection information

Ensure its due date on:

Visual Inspection and Magnetic Paint Inspection (V/MPI) are not overdue

Load test (LT) within the validity period

**STOP AND THINK...**

**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## Guidelines when using cranes for lifting

Do not exceed specified boom angle  
and reach when carrying a load



Always ensure outriggers  
are fully extended

STOP AND THINK...

**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## Guidelines when using cranes for lifting



Lift within the  
safe working  
load (SWL) limit  
of the lifting block

As a safety factor,  
30% below the SWL

**MAIN BLOCK**

**AUXILIARY  
BLOCK**

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# LIFTING ACTIVITIES



## Shackle inspection



Working Load  
Limit (WLL)

Size of shackle

Each shackle is  
issued with an ID.  
This provides the  
history of the  
shackle use.



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# LIFTING ACTIVITIES



## What makes a good sling?



- Good threading
- No broken wires or kinks
- Well greased

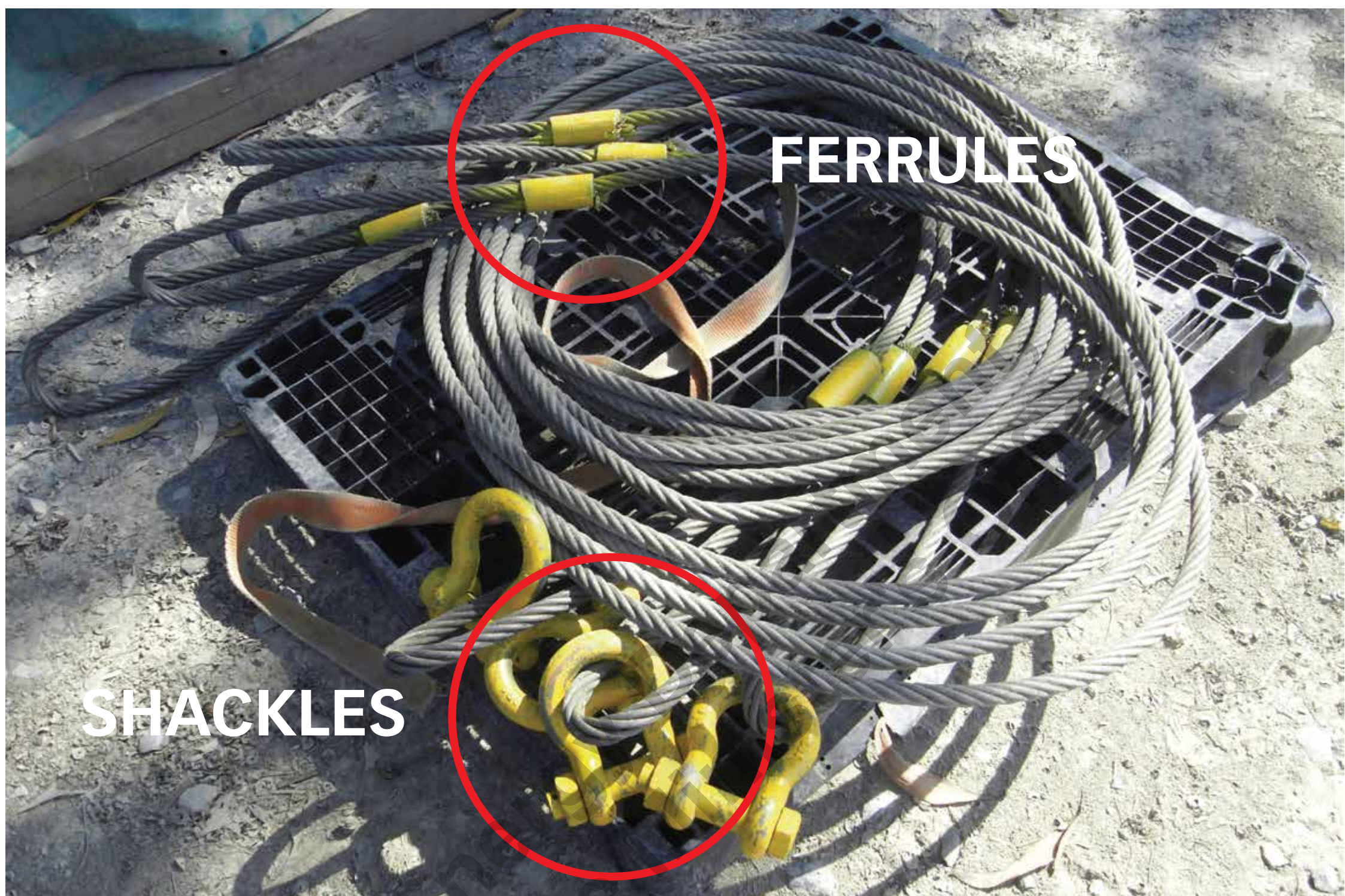
**STOP AND THINK...**

**SAFETY & HEALTH**



# LIFTING ACTIVITIES

## Sling tag and colour code



The colour code on ferrules and shackles refers to the wire rope inspection validity period. Only use wire ropes that have been inspected and deemed safe for use.

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**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## What makes a good sling?



Only use chainblocks according to its lifting capacity

Chainblock information plate will describe:

- Lift Length
- Manufacture Date
- Serial Number

**Chainblocks MUST come with a Manufacturers Certificate**

**Chainblock with damaged chain shall be scrapped**

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**SAFETY & HEALTH**



# LIFTING ACTIVITIES



## Forklift Inspection



Forklifts undergo  
similar inspections  
as cranes



**Ensure Visual, Function and Load Tests are  
within inspection validity period**

**STOP AND THINK...**

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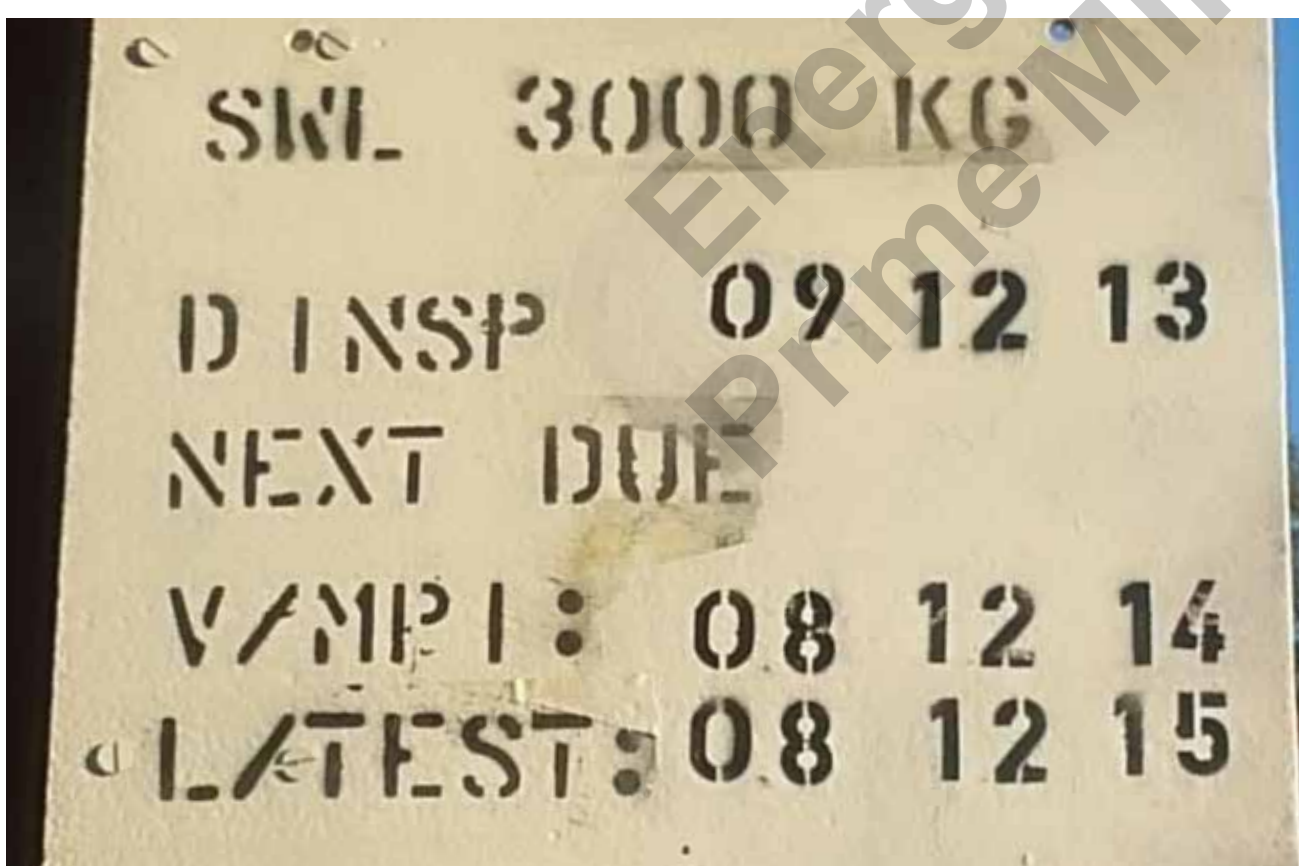


# LIFTING ACTIVITIES

## Overhead crane

Overhead cranes are usually found in warehouses. They are remotely operated and require inspection prior to use.

**Look for the inspection plate shown below.**



**STOP AND THINK...**

**SAFETY & HEALTH**