

Lifting Operations Checklist / Aide Memoir

1. Mechanical

Lift plan / RAMS

- Approved?
- Are all aspects of the lift plan met?
- Correct machine listed?
- Correct personnel listed?
- Wind speed check?

Personnel checks?

- Appointed Person
- Crane / Telehandler / Hoist operator
- Banksman
- TBT
- Induction
- 1st aid trained
- PPE

Principle equipment checks?

- Crane
- Telehandler
- Hoist

Lifting equipment checks?

- Chains
- Strops
- Spreader beams / frames

2. Manual handling

- RA in place?
- Can the task be done by a machine?
- Can the travel distance be reduced?
- Is the windspeed suitable for task and materials?
- Consider gusts not just mean wind speed
- Weight of item, if over 25kgs
- Size of item
- Surface over which item will be lifted
- Training
- Good lifting technique
- TBT
- Induction
- PPE