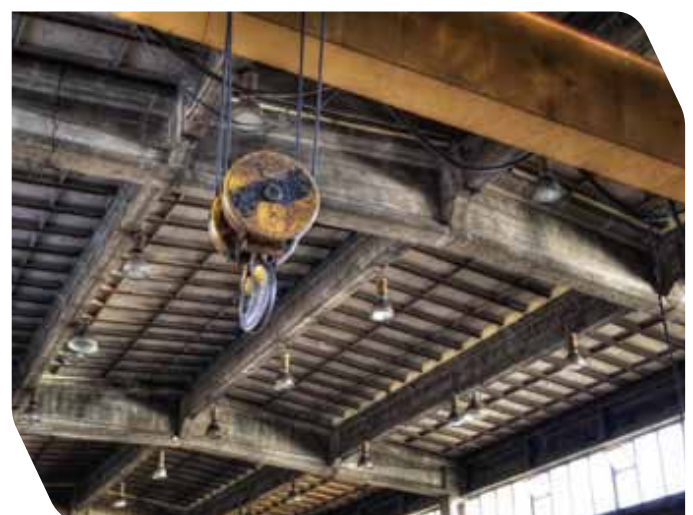


Lifting operations are those work activities that involve the use of lifting equipment to lift or lower people or materials. The Lifting Operations and Lifting Equipment Regulations 1998 regulate lifting operations and cover many situations including cranes, fork lift trucks, passenger lifts, mobile elevated work platforms, vehicle tail lifts, inspection platforms and jacks, dumb waiters and patient lifting hoists. Lifting accessories are also covered, including chains, ropes, slings, shackles, eyebolts, harnesses etc. The Regulations, Approved Code of Practice and Guidance give detailed information on how to manage lifting operations and apply to employers and the self employed who provide or control lifting equipment at work.

Best practice standards

✓	When selecting lifting equipment, consider its ergonomic design and the suitability of materials.
✓	Your lifting operation risk assessment should consider how often the equipment will be used, where it will be used, the nature of the load and any limitations.
✓	Suitable and sufficient lifting plans developed for more complex lifts with appointment of trained lifting co-ordinators, slingers and signallers.
✓	Protect operators from adverse environmental issues such as noise, heat, cold, pollutants etc.
✓	Refer to wind maps to understand local wind conditions for outdoor work. Wind speed must be reliably recorded, ideally by an anemometer in an exposed position. Set wind action levels.
✓	Poor stability can cause crane overturning. Consider ground conditions and check tyre pressures.
✓	Assess the strength of lifting points and strength test welded lugs used for lifting points.
✓	Ensure there is adequate space for lifting equipment to access and egress and use outriggers.
✓	Don't lift a person on the forks of a lift truck or telescopic handler. Use a properly maintained and guarded, purpose built working platform, secured to the truck. Scotch the tilt control in the cab too.

✓	Assess the risk of people working on a platform striking objects or structures as they are lifted.
✓	Protect pedestrians from crane movements and try not to lift loads over occupied areas.
✓	Ensure hooks have safety catches or are shaped to prevent accidental displacement of the sling.



✓	Don't lift palletised goods using strapping and packaging and ensure the load will not shift when lifted.
✓	Don't use lifting equipment to drag loads, the lifting equipment can be overloaded by a snagged load
✓	If a load is raised and moved by lifting equipment, check the floor condition to prevent overturning.
✓	Don't bring lifting equipment within 9 metres of overhead power lines supported on wooden poles.
✓	Don't use a piece of lifting equipment without knowing its safe working load (SWL).
✓	Store lifting equipment in a location which protects it from rusting and deterioration.
✓	Undertake recorded pre-use checks and weekly inspections following BS7121 recommendations.
✓	Consider a lifting accessory register with all items uniquely tagged and/or colour coded.
✓	Ensure lifting equipment is accompanied with documentation on its thorough examination regime.



Legal requirements

The Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 were introduced to control lifting operations. They require lifting equipment to be suitable, strong, stable and subject to on going thorough examination. After a 'first supplied or installed' examination, equipment carrying people needs to be examined at least every 6 months and non-people carrying equipment at least every 12 months. The Regulations also require all lifting equipment to be positioned and installed to minimise risk. The safe working load must be marked on equipment and lifting operations need to be controlled, planned and performed by competent people. The lifting plan developed by the competent person must address risks involved, resources required, procedures and responsibilities. Routine lifting activities e.g. loading a vehicle with a fork truck may need an initial plan, which is reviewed 6 monthly. A complex lift will need a plan each time it's performed. A competent person with the necessary skills, knowledge and experience must supervise all lifting operations. British Standard 7121 gives more detail on safe lifting with a wide range of lifting equipment.

Guidance and useful information

- Safe use of lifting equipment. Lifting Operations and Lifting Equipment Regulations 1998. Approved Code of Practice and Guidance. L113 HSE Books 1998 ISBN 0 7176 1628 2
- Simple guide to the Lifting Operations and Lifting Equipment Regulations 1998 INDG290 HSE Books
- British Standard 7121 Safe Use of Cranes, BSI, London
- Management of Health and Safety at Work Regulations 1999, ACOP and Guidance HSE Books.

Further information

For more information please visit: www.QBEEurope.com/rs or email us on RS@uk.qbe.com

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QBE Insurance Group

Plantation Place 30 Fenchurch Street London EC3M 3BD
tel +44 (0)20 7105 4000 www.QBEEurope.com

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