

# LF-E - Practical Safe Lifting Practice and Maintenance



**Price: \$127.00**

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## **Short Description**

This manual has been put together by an expert in the area of lifting practice and equipment who has observed and studied the problems in working with loads. Lifting equipment refers to both the lifting tackle as well as lifting machines. This comprehensive 300 page manual which will act as a reference for your work for years to come.

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It should be emphasised that all loads are dangerous - a 50 kg load will kill or maim as surely as a 5 tonne load if dropped from a 1 metre distance. Safety is not negotiable therefore this manual drives home the point that if you use correct lifting equipment correctly and safely, your operators and personnel are well trained and in compliance with the local legislation as well as a total safe lifting program you will have a productive work force. This manual is not a replacement for that of a full rigger's course but it will teach you what most people will take

years to learn and make you a far safer and more productive person on the shop floor.

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## **First Chapter**

### **Chapter 1: Introduction**

**01**

#### **Introduction**

The lifting, moving and lowering of loads is a process that inherently involves danger to the operator and others around him. Lifting equipment is often subjected to malpractice and abuse which leads to damage to loads and property, downtime, injury and at worst fatalities.

These incidents are costly, often resulting in hearings and unnecessary repercussions, which could have been avoided if a Total Safe Lifting Program was implemented and adhered to. The objective of this course is to highlight the elements of such a program, and assist the user in implementing these functions, and thereby minimize the risks associated with the hazards of day-to-day lifting operations.

#### **1.1 Safe Lifting – The Challenge**

***Safe Lifting does not just happen; it requires operator training, skill and an awareness of the dangers involved.***

Lifting conditions change and the type of load, angles, shock loading, sharp edges, hazardous working conditions, adverse weather conditions etc. all affect

performance of Lifting Equipment. The objective is to make the load, once lifted, as safe in the air, as it was on the ground.

## **1.2 Why training is essential?**

### **1.2.1 To Avoid:**

- Severe abuse
- Malpractice
- Overloading
- Shock and Impact loading
- Use of incorrect equipment
- Excessive angle loading
- Poor maintenance etc.

### **1.2.2 To Ensure:**

- Correct assessment of the load
- Correct choice of Lifting Equipment
- Correct Lifting procedures.

## **1.3 Lifting Pyramid Triangle**

*All Three are Elements Critical to Ensure Safe Lifting*

