



Lifting and Hoisting Safety

Why This Matters

Lifting and hoisting activities involve heavy loads that can cause serious injuries if not controlled properly. Safe lifting practices help prevent dropped loads and workplace accidents.

Common Causes

- Improper rigging or load securing
- Overloading lifting equipment
- Poor communication between workers
- Standing under suspended loads

Practical Safety Actions

- Use lifting equipment rated for the load
- Inspect slings, hooks, and hoists before use
- Follow proper rigging and lifting procedures
- Maintain clear communication during lifting operations
- Keep personnel clear of suspended loads

Safe lifting and hoisting depend on proper planning, equipment, and teamwork.

