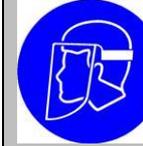
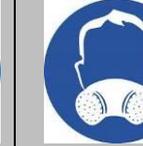
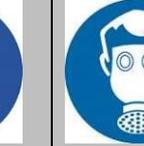


LIFTING OPERATIONS

1. Activity	Lifting Operations
2. Associated Risk and Environmental Impact Assessment	RA-007 Lifting Operations
3. Control measures	
<p>1) Ensure you have <u>ALL PPE in proper working condition</u></p> <p>2) Ensure all workers are competent, are physically fit and have received adequate training</p> <p>3) All lifting equipment are inspected, well maintained and have relevant tags/certificates</p>	<p>4) Secure cranes on the ground against soil collapse / crane turn over.</p> <p>5) A supervisor is appointed to take responsibility for the whole operation, inform involved personnel and control SIMOPS (Simultaneous operations).</p> <p>6) All emergency response equipment to be on site</p>

4. PPE							
							
√		√			√		
Helmet, EN 397, EN50365	[specify type]	Safety Goggles EN 166	[specify type]	[specify type]	[specify type]	[specify type]	[specify type]
							<i>other</i>
	√	√	√	√			
[specify type]	Long sleeves coverall EN 340	High Visibility vest EN 471	Protection Gloves EN 420	Safety leather boots, EN ISO 20345 S5, S3	[specify type]	[specify type]	[specify type]

5. Forms & Attachments
F01-24 Lifting Plan Checklist

6. Pre-job checks	
<p>1) Check the weather prediction (rain, winds, storms, etc.) for the whole time of the operation.</p> <p>2) Check of lifting means & equipment certifications.</p> <p>3) Clarify the code of signals between the operators and the "signal man"</p>	<p>4) Check crane/lifting operators' licenses.</p> <p>5) Check Emergency arrangements.</p> <p>6) Ensure there is an adequate communication system</p>

7. Execution

1) Prepare the lifting plan (F01-24) and communicate with all involved personnel

2) Plan a suitable lifting route, to avoid collision with any persons, objects or overhead power lines.



3) A “signal man” must always be present during operations.

4) ALWAYS maintain eye contact with the “signal man”.



5) Lifting the load at a low speed so that the sling tightens slowly and maintains a balanced position

6) Move the loads as close to the ground level as possible



7) DO NOT allow people to stand over lifted objects or near the lifting area

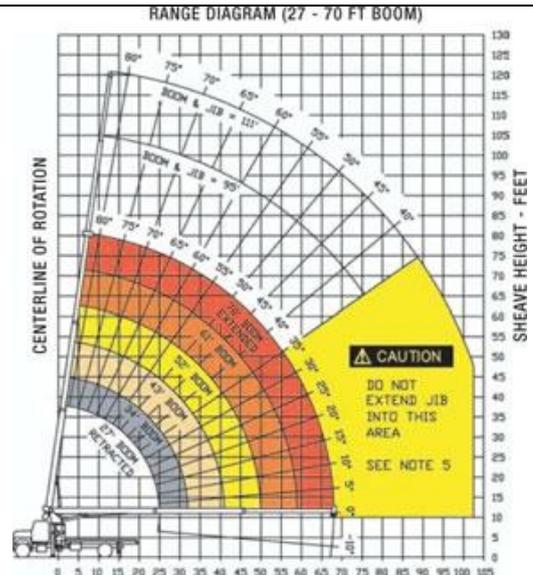


8) Maintain distance between the crane/lifting equipment and buildings, taking into consideration the swing radius.



9) Loads MUST NOT exceed in any case the equipment capabilities for each specific angle.

Dragging or trying to detach loads is strictly forbidden



8. After work checks

- 1) Restore power lines / positioning of equipment altered during lifting operation.
- 2) Discuss with involved personnel the observations gathered.

Issued	Checked	Approved
<p style="text-align: center;"><i>Signature</i></p> <p style="text-align: right;"><i>Date 26/07/2016</i></p>	<p style="text-align: center;"><i>Signature</i></p> <p style="text-align: right;"><i>Date 26/07/2016</i></p>	<p style="text-align: center;"><i>Signature</i></p> <p style="text-align: right;"><i>Date 26/07/2016</i></p>