

# 6

# LIFTING OPERATIONS



Total commitment to the Golden Rules



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## YOU MUST:

- Perform a risk assessment, implement the lift plan and clearly mark out the area.
- Ensure all lifting equipment and gear is fit for purpose, in good condition and regularly inspected.
- Check that the load is securely slung and bundled.
- Designate a signaller and control the moving load at all times.



## YOU MUST NOT:

- Walk or stand under a suspended load.

