

HAND PLACEMENT AND HANDS-FREE LIFTING

HAND SAFETY | THINK AHEAD. CONTROL THE HAZARD. PROTECT THE CREW.

Today we are discussing hand placement and hands-free lifting. Review the job, identify the specific exposure, and agree on the controls before work begins.

COMMON HAZARDS AND SAFEGUARDS

- Plan where hands will be during every movement
- Use taglines, push-pull tools, handles, and alignment bars
- Keep fingers out of holes and between mating surfaces
- Set loads on blocking before removing rigging
- Communicate before anyone moves the load
- Stop when hands become the only means of controlling the load

THE COMMON-SENSE CHECK

- 1 What can go wrong during hand placement and hands-free lifting?
- 2 Which of today's conditions increases the risk?
- 3 Are isolation, permits, and equipment verified?
- 4 Does everyone understand the controls and limits?
- 5 What will make us stop, withdraw, or raise the alarm?

CONTROL THE EXPOSURE

PLAN

Plan where hands will be during every movement

VERIFY

Use taglines, push-pull tools, handles, and alignment bars

CONTROL

Keep fingers out of holes and between mating surfaces

RESPOND

Stop when hands become the only means of controlling the load

ASK THE CREW

1. Where could this hazard affect us during today's work?

2. Which control must be verified before we begin?

3. What condition requires us to stop work or evacuate?

DATE: _____ SUPERVISOR: _____ CREW / LOCATION: _____