

| WHEN TO COMPLETE – Before the start of any MECHANICAL LIFTING activities  |  |                           |                     |
|---|--|---------------------------|---------------------|
| Confirm each control / safeguard below before starting works  | Guidance for confirming each control/safeguard   | Person(s) Performing Work | Start Work Verifier |
| I HAVE CONFIRMED:   |  |                           |                     |
| (1) The lift has been planned   | <ul style="list-style-type: none"><li>The lift method, equipment and number of people required has been assessed and determined</li><li>When required, an approved lift plan or procedure is in place and has been evaluated by a competent person</li><li>The lift has been assessed for:<ul style="list-style-type: none"><li>Load weight</li><li>Load size</li><li>Center of gravity (e.g. lifting points)</li></ul></li><li>The lifting equipment’s current capacity and condition has been assessed</li><li>Equipment operator and lifting crew have discussed the written lift plan prior to lifting</li></ul>   |                           |                     |
| (2) The hazards are identified and controlled   | <ul style="list-style-type: none"><li>Complete a task risk assessment specific to the scope of work</li><li>Discuss hazards with the work team prior t the start of work</li><li>Identify overhead hazards and/or other obstructions (e.g. overhead power lines) making sure to check:<ul style="list-style-type: none"><li>Load path</li><li>Swing radius</li><li>Overhead hazards</li><li>Pickup/lay-down zones</li></ul></li><li>Check for simultaneous operations that may introduce any additional hazards</li><li>Discuss stop work considerations if work situation changes including change of weather</li></ul> <p><b>Note:</b> Consider how to apply ‘hands-free lifting’ (e.g. use of push poles and/or taglines)</p> |                           |                     |
| (3) Workers involved with the lift are qualified to perform their task  | <ul style="list-style-type: none"><li>Lifting equipment operator and lifting crew are qualified to perform their task</li></ul> <p><b>Note:</b> To be ‘qualified’ may require certification and/or assessment to meet company or applicable legal requirements</p>   |                           |                     |
| (4) The lifting equipment is stable and potential or unplanned movement has been assessed   | <ul style="list-style-type: none"><li>Lifting appliance is level and/or placed on stable ground</li><li>Matting has been assessed for stability and is level for the lifting equipment</li><li>Outriggers are deployed</li><li>Loads have been assessed for stability, taking into account:<ul style="list-style-type: none"><li>Load securing</li><li>Workplace conditions</li><li>Travel path</li><li>Equipment capacity</li></ul></li><li>Equipment is operated per OEM requirements (e.g. weather, sea state and temperature)</li></ul>  |                           |                     |
| (5) The lifting and rigging equipment are: <ul style="list-style-type: none"><li>Certified</li><li>Inspected</li><li>Rated for the lift</li></ul> | <ul style="list-style-type: none"><li>Pre-use crane inspection has been completed</li><li>Safety and monitoring devices are in place and functioning</li><li>Manufacturer’s load chart is available</li><li>The rigging equipment has been inspected prior to lift</li><li>The rigging equipment is rated for the lift</li></ul> <p><b>Note:</b> If load chart does not exist, assume equipment is not rated for the lift, <b>stop</b> work and identify alternative lifting equipment that is rated for the load.</p>   |                           |                     |

MECHANICAL LIFTING  
START WORK CHECK

|  |  |           |      |
|--|--|-----------|------|
| (6) A communication plan and responsibilities are agreed to by the lift crew   | <ul style="list-style-type: none"><li>• Communication method(s) (e.g. hand signals, radio) have been agreed to and tested</li><li>• Equipment operator and lifting crew have discussed the emergency response, including what emergency stop signals are to be used</li><li>• The person in charge of the lift has been identified as per the lift plan or procedure</li><li>• The members of the lift crew have agreed to their individual roles and responsibilities for the lift</li><li>• The signaller for the lift has been identified (banksman/flagman/dogman/spotter)</li></ul> |           |      |
| (7) The load has been inspected prior to lift  | <ul style="list-style-type: none"><li>• Every load has been inspected for integrity and stability (e.g. center of gravity)<ul style="list-style-type: none"><li>- The load and its packaging can withstand the forces/motion caused by the lift</li></ul></li><li>• Loose objects have been secured or removed prior to lift</li><li>• Loose and small objects are well packaged or placed in lifting basket</li></ul>   |           |      |
| (8) Barriers and exclusion zones are in place  | <ul style="list-style-type: none"><li>• Exclusion zones have been identified, and controls are in place to protect people from the line of fire hazards, including:<ul style="list-style-type: none"><li>- Working under suspended loads</li><li>- Moving objects</li><li>- Dropped objects</li></ul></li><li>• Access to exclusion zones is controlled (e.g. attendant or physical barriers)</li><li>• Escape routes are unobstructed and known by the work crew</li></ul>  |           |      |
| Confirm these controls/safeguards are in place and verified prior to starting work.<br>Stop and seek help if anything changes. |  |           |      |
|  | Printed Name & Role  | Signature | Date |
| Start Work Verifier  |  |           |      |

