



# Reflective learning – facilitator guidance

## Video *Together we can lift safely*

### Introduction

This leaflet describes the specifics on the reflective learning engagement session called *Together we can lift safely*.

For general guidance and tips on running a reflective learning session please read and use the generic guidance available from the Hearts and Minds website

(<https://heartsandminds.energyinst.org/toolkit/reflective-lfi>).



### Together we can lift safely!

Lifting and hoisting is team work. Only as a team, and with clear roles and responsibilities for each team member, we can lift safely. The person in charge of the lift, the crane operator, the banksman (flagman or signaller), the lifting and hoisting experts: all have crucial roles to fulfil.

Use this video to reflect on everyone's role. How are things organised at your worksite? Do all understand their role, and do they know the barriers they are responsible for? Is everybody aware of the situation, before work and during execution?



### Content video

In the first part of the video we see an apple and a tool falling from a tree, illustrating the power of gravity. Examples of industry lifting and hoisting incidents are shown. This part ends with a moment of silence for all people who have lost their lives in lifting and hoisting incidents.

In the second part of the video, the importance of every step in the process is explained. It all starts with planning. We see an incident evolving over time, starting in the office and ending on site.

In the last part of the video, situational awareness is explained. Imagining what could happen next and having a clear understanding of your role in owning barriers or critical processes is crucial to reduce the risk of lifting and hoisting incidents.

### Key lessons

- Understanding the role that gravity plays in lifting operations
- The importance of creating and maintaining strong barriers in every phase of work
- Having situational awareness in the office and on-site and the ability to imagine what could go wrong

### IOGP Life-Saving Rule

The International Association of Oil & Gas Producers (IOGP) released a Life-Saving Rule on Lifting.

It is recommended to mention and promote this rule in your session.

We should take every opportunity to stress the importance, because Life-Saving Rules do save lives!

### Safe Mechanical Lifting

#### Plan lifting operations and control the area



- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load

### Situational awareness in the office

#### During design

- Minimise potential lifting and hoisting risks in the site design by timely involving an expert
- During constructability reviews, imagine the lifting and hoisting risks

#### During preparation of work

- Be sure you understand the situation at the worksite
- Go out and see for yourself - think how the job can be executed while minimising lifting and hoisting risks
- Ensure the right type of equipment and tools are available on site
- Select equipment and tools that minimise lifting and hoisting risks

### Situational awareness on site

#### Before start of the work

- Discuss lifting and hoisting risks during the toolbox talk
- Make sure access to the workplace is controlled and properly barricaded off
- Inspect the area where you are going to work
- Inspect equipment and tools to be used

#### During execution of the work

- Be aware of what's around and what's above you
- Imagine the lines of fire – what could hurt you?
- Look for objects that could fall and hit you
- PAUSE, step back and check if anything has changed
- Watch out for others in the line of fire
- Make use of- and respect the signalers



### Questions in video

#### Questions after part 2 of the video

- Which lifting and hoisting incidents have you heard of?
- What happened and how could it have been avoided?

#### Questions after part 3 of the video

Please discuss in small groups:

- What is important for every lifting and hoisting job?
- How can you increase situational awareness in these activities?

**N.B. After part 1 of the video there are no questions asked, instead there is time for a short pause to reflect. Ask if anybody would like to say something/ respond after the moment of silence.**



### Other questions to consider

For barrier owners:

- What barriers and critical processes can you identify, and how are they applied at your location?
- How do you ensure your barrier is strong?

For managers and supervisors:

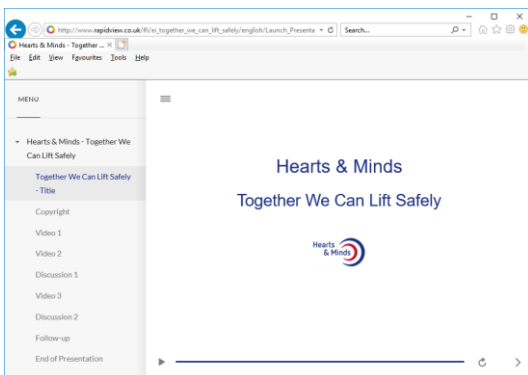
- How do you ensure your critical processes are working well?

**TIP: As you will see in the video, an apple is used to illustrate the power of gravity. Bring apples to the session as an ice-breaker and put apples on the seat of all participants**



### Video tool

Use the menu in the video tool at the start of the meeting to explain the structure of the session. No slides are needed.



### 10 Questions for a safe lift

- Does everyone understand their role and responsibilities for the lifting operation and know who the person in charge is?
- Has everyone attended the toolbox talk?
- Is there a current lift plan in place and do those involved in the lift understand the controls that must be in place to execute the lift safely?
- Has a pre-use inspection of the lifting equipment been carried out and are the lifting accessories tagged or marked?
- Is everyone trained and competent to perform their tasks?
- Are signalling methods and communication agreed and clear to everyone?
- Is everyone completely aware and fully understands the lifting and hoisting procedures applicable to the lifting operation?
- Are all safety devices working?
- Is the lifting area clear and controlled and does everyone fully understand the potential dangers of a falling or swinging load?
- Does everyone know the environmental limits (e.g. maximum permissible wind speed) for the lift?

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