

# Guidelines for Using Slings to Lift

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A sling is a type of device manufactured specifically to lift and move heavy loads, such as construction materials or machinery.

**Do not use slings as tow straps!**

**Do not rig off of the forks!**

Here are some general guidelines for using slings:

- **Always determine the weight and size of the load to be lifted.**
  - This will allow you to choose a sling with adequate strength and length.
- **Select the appropriate sling for the load and hoisting mechanism.**
  - Make sure it is rated for the weight of the load and configuration used and is made of suitable materials.
- **Inspect the sling for any damage or wear.**
  - Look for frayed edges, cuts, burns, and broken stitching. Also make sure tags are attached and legible. **NEVER** use a damaged sling.
- **Position the sling around the load.**
  - Make sure the sling is evenly distributed around the load and it is not twisted or tangled. Protect the sling from sharp edges.
- **Attach the loops of the sling to the hoisting mechanism.**
  - Make sure the hooks are securely fastened and that the sling is positioned so the load is properly balanced.
- **Test the load before lifting.**
  - Gently tug on the sling to make sure it and the load are secure.
- **Slowly lift the load using the hoisting mechanism.**
  - Make sure to keep the load level and stable.
- **Move the load to the desired location.**
  - Use a tag line to maintain control and avoid pinch points.
- **Lower the load.**
  - Slowly lower the load into position keeping it level and stable. Do not let the load crush the sling.
- **Disconnect the sling from the hoisting mechanism and remove it from the load.**
  - Carefully disconnect and remove sling from the load. Do not use the hoist to pull the sling from under the load. Return it to its designated storage area when done.