



Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## Topic C357: Jacks

**Introduction:** Jacks have been used for many years to lift heavy loads. There are many different types and sizes of jacks used to lift everything from cars to houses. All jacks have common safety requirements which must be followed to protect personnel and loads from injury and damage. Following are requirements and guidelines for the safe use of lever and ratchet, screw, and hydraulic jacks:

- All personnel involved in the use of jacks must be properly trained in their safe use and operation for the job assigned.
- Personnel must keep clear of the jacks and the load during lifting to prevent injury in the event of jack failure or slippage.
- Lateral bracing may be required to stabilize loads from shifting as the load is raised.
- Keep loads level as they are raised. If using multiple jacks, ensure that all jacks are raised at the same rate.
- Jacks must be kept clean and free of oil or grease.
- Use the correct handle for the jack. Do not use handle extensions to increase leverage or the jack may become overloaded.
- Do not raise the load to height and then crib. Have cribbing blocks on hand and quickly crib the load as it is being raised.
- Ensure that the jack's lifting cap maintains solid, level, and stable contact with the load to be lifted.
- Do not place the cap on an angled surface or where the cap does not make solid, level, and stable contact.
- When raising a vehicle on a jack, ensure that the wheels are blocked and the emergency brake is set.
- Don't allow anyone in, or on, a vehicle or load while it is elevated.

### General requirements OSHA §1926.305 & §1910.244:

- The manufacturer's rated capacity must be legibly marked on all jacks and must never be exceeded.
- All jacks must have a positive stop to prevent over travel or overextension.
- When it is necessary to provide a firm foundation, the base of the jack must be blocked or cribbed. Where there is possibility of slippage of the metal cap of the jack off of the load, a wood block must be placed between the cap and the load.

### Operation and maintenance:

- After the load has been raised, it must be immediately cribbed, blocked, or otherwise secured.
- Hydraulic jacks exposed to freezing temperatures must be treated with adequate antifreeze liquid.
- All jacks must be lubricated at regular intervals.
- Each jack must be thoroughly inspected at intervals dependent on the service conditions, but not less frequently than the following:
  - For constant or intermittent use at one locality - once every 6 months.
  - For jacks sent out of shop for special work - when sent out and when returned.
  - For a jack subjected to an abnormal load or shock - immediately before and immediately thereafter.
- Repair or replacement parts shall be examined for possible defects.
- Jacks which are under repair or defective must be tagged accordingly, and not used until repairs are made.

**Conclusion:** Jacks are indispensable tools for lifting and positioning loads. The weight of these loads and pressure applied to the jacks pose safety hazards that must be respected.

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

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*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*