

Jacks and jack stands make it possible to lift and support heavy loads safely, but only when they are used correctly.

- A **jack** is designed to lift a load off the ground. The purpose of a jack is to raise a load, but not to hold it for an extended time. Jacks can be mechanical, like screw or ratchet jacks, or they can be hydraulic, like bottle or floor jacks.
- A **jack stand** is designed to support a load after it has been lifted with a jack. Jack stands have a wide base and a locking mechanism that provide a stable foundation to keep the load in place.

Keep lifting operations safe and stable when working with a jack.

- Place the jack on a firm, level surface. Do not set up a jack on unstable ground or on top of debris.
- The jack must show its weight limit, and it should never be loaded beyond that capacity.
- Position the jack under a solid lift point designed to handle the weight. Center the load properly on the jack to prevent slipping. Do not try to lift a load from only one side. Unbalanced lifting increases the risk of tipping.
- Keep body parts clear of the load at all times while lifting.
- Raise the load slowly and steadily. Avoid jerking or rapid pumping of a jack.
- Do not use blocks or spacers to extend the reach of a jack beyond its designed limit.
- When the load has been lifted, place jack stands in position and carefully lower the load onto them. Release the jack so it is no longer carrying any weight.

Always follow the guidance provided by the equipment manufacturer, including proper use, inspection steps, and weight limits.

- The operator's manual is the most reliable source for learning how the jack and jack stands you are using should be used safely.



- Jacks must be inspected at regular intervals, at least every six months, and more often if required by the manufacturer or your job site. Jack stands should also be checked before use to ensure they are in safe condition.
- Always select jack stands that are rated for the load that will be supported.
- Place stands on firm, level surfaces. If necessary, use a solid base plate or blocking to create a stable foundation.
- Position stands directly under manufacturer-approved lift points or strong, stable areas of the load. Adjust the stand to the correct height and ensure the locking pin or ratchet bar is fully engaged.
- Once the load is fully resting on the stands, check for stability, and then remove the jack from under the load or move it aside so the stands are the primary support for the lifted load.
- Do not attempt to substitute boxes, cinder blocks, wood stacks or bricks for a jack stand. Only rated jack stands provide safe support.
- Speak up if you see equipment being misused or if you know a load is not properly supported.

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