



Checklist for Crane Cab

Hazards/factors	Things to look for	Hazard present?	Comments	Suggested action/Solutions to consider	Action taken?	
Posture 	Is your back bent forward, leaning away from the seat?			Can you adjust the seating to get enough support for you in a range of postures? Can you take regular breaks? Can your seat be adjusted to be comfortable for you?		
	Is your neck forward, or back, or twisted to one side?					
	Are you in the cab for long periods without a break?					
	Is your posture this way by choice or through design and layout?					
Layout 	Is everything within easy reach?			Is it possible to reposition any equipment easily? Make sure microphone is easy to use with a relaxed neck position – would a headset help? Contact manufacturers if problems cannot be easily solved.		
	Can you see all the displays and controls?					
	Can you take regular breaks?					
	Can the emergency controls be reached easily?					

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Page 2 of 2

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Vibration	Do you notice any uncomfortable vibration?			Investigate and measure if concerned re: levels. Take regular breaks out of cab. Replace seat if necessary.	
	Is your seat in a good condition?				
	Is there sufficient padding?				
Temperature	Is it too hot or cold?			Wear warm clothing. Take regular breaks. Would it be possible to put a thermostat in cab to regulate temperature?	
	Does it vary?				
	Can you control the temp?				
	Are there any uncomfortable draughts?				