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Before cracking a single fitting or loosening a hose, make sure every ounce of hydraulic energy is truly under control. This quick-reference checklist distills OSHA's 29 CFR 1910.147 lock-out/tag-out requirements into seven clear, field-tested steps - helping technicians isolate pressure, bleed down safely, and verify zero energy in minutes. Keep it on your service cart or laminate it at each workstation to cut the risk of injuries, avoid five-figure fines, and slash downtime caused by preventable accidents.

#	Action	Pro Tip
1 – Prepare & notify	Identify every hydraulic energy source; alert affected employees.	Trace the schematic, don't rely on memory.
2 – Safe shutdown	Stop the machine in a controlled manner; cycle functions to release working pressure.	Use inch/jog controls where available.
3 – Isolate all energy	Close pump isolation valves, vent accumulators, disconnect quick couplers as needed.	Tag every valve position.
4 – Dissipate stored energy	Bleed down to 0 psi on both sides of cylinders via relief valves or test points.	Keep gauges attached until zero.
5 – Apply locks & tags	Affix personal locks and durable tags that meet ANSI Z535.5 design rules	Use group lock boxes on multi- tech jobs.
6 – Verify zero energy	Try to cycle controls and read gauges; §1910.147(d)(6) requires active verification	Never assume "it bleeds down automatically."
7 – Return to service	Remove tools, reinstall guards, notify staff, and clear locks/tags in reverse order.	Only the person who applied a lock may remove it.