

TOOLBOX TALKS

The Upside of Safety



Save Your Back

Construction material can be heavy and difficult to move around on a job site. Workers who are constantly bending, twisting, and lifting objects could cause stress on their back muscles that could lead to long term back injuries. Following safe lifting procedures and using material handling aids could save your back in the long run.



Material Handling Aids

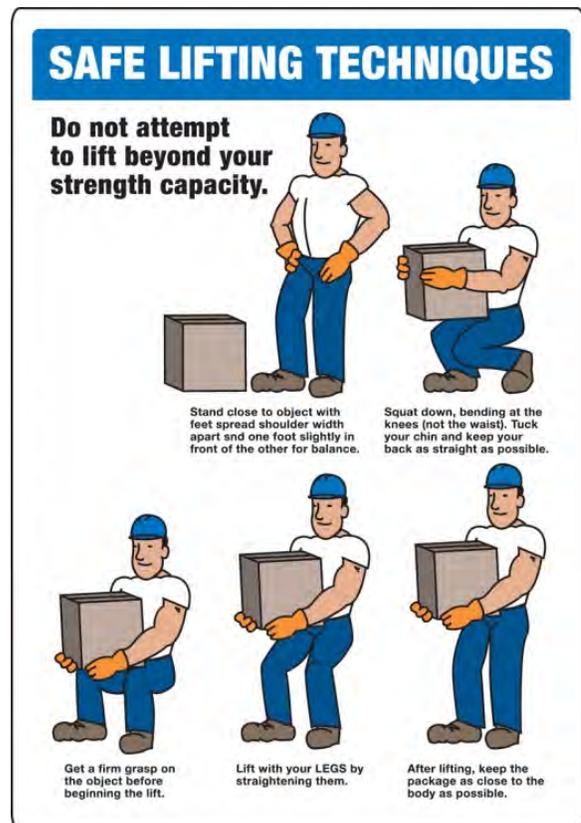
- Use carts to move heavy/bulky material around on a job site
- Wheelbarrows and scrap bins are a safe way to move loose materials or scraps around on a job site.
- If you need to transport material onto a rooftop, utilize a crane or Class VII forklift (telehandler)
- Its safer to push carts instead of pulling them

Safe Lifting Techniques

If you need to pick up safety lifting techniques to avoid unnecessary stress on your back muscles. Safety lifting techniques include:

1. Get as close to the load as possible
2. Try to keep your elbows and arms close to your body
3. Keep your back straight during the entire lift
4. Bend at your knees
5. Keep the load centered in front of you
6. Get a good handhold and do not twist or jerk
7. Set the load down in reverse order that you picked it up

If an object is too heavy for one person, utilize multiple people for the lift.



Stretch Before You Work

We all stretch before we begin a physical activity (basketball, running, lifting, etc.) so why don't we stretch before we start working? Taking a couple of minutes before your work shift to stretch out your muscles can help prevent long term muscle injuries.

