

TOOLBOX TALK, January 13th, 2025

Training:

On January 25th the Carpenter's Union is offering Construction Fall Protection and First Aid/CPR/AED training. To sign up go to www.swmsctf.org or check at www.fsstools.com under training schedules. Check your training records and get trained as soon as possible.

Shirts and Sweatshirts

Toby and David will be making the rounds soon to review our stats from 2024 and to present our safety goals for 2025. At the same time, we'll be handing out new shirts and sweatshirts. To assure we bring your size, please go to fsstools.com and click on the suggestion box. Put your shirt size in the "make a suggestion" box and input your name then hit submit. This way we'll have what we need to get you the right fit.

Material Handling

Safe lifting and material handling means keeping your back aligned and balanced when lifting. With a little practice, safe handling methods become good habits that will help prevent back injuries both on and off the job.

- Before lifting, take a moment to think about what you're about to do
- Examine the object for sharp corners, slippery spots or other potential hazards.
- Know your limit and don't try to exceed it. Ask for help or divide the load to make it lighter.
- Know where you're going to set the item down and make sure your path is clear.

Then follow these steps:

- Stand close to the load with your feet spread apart about shoulder width, with one foot slightly in front of the other for balance.
- Squat down, bending at the knees (not at the waist). Tuck your chin while keeping your back as vertical as possible.
- Get a firm grasp of the object before beginning the lift.
- Begin slowly lifting with your *LEGS* by straightening them.
- Once the lift is complete, keep the object as close to the body as possible. As the load's center of gravity moves away from the body, there is a dramatic increase in stress on the lower back.

To place the object below the level of your waist, follow the same procedures in reverse order. Remember, keep your back as vertical as possible and bend at the knees. Be extra cautious of lifts that require twisting, reaching, awkward handholds, or unstable footing. If you must turn while carrying the load, turn using your feet, not your torso.

When manually moving materials, you should seek help when a load is:

- Bulky enough that it cannot be properly grasped or lifted alone
- When you can't see around or over it
- When you can't get a secure grip
- When it is too heavy for your comfort

Material Handling Aids

Carts and bins can be useful for light, awkward loads, while hand trucks and fork-lifts can help move heavier, stackable material. Secure the load for transport, then *push* the load, don't *pull* it.

Personal Protective Equipment

Workers should use appropriate protective equipment as necessary to help reduce accident potential.

- For loads with sharp or rough edges, wear gloves and sleeves
- To avoid injuries to the eyes, wear safety glasses

Lifting and moving material is part of each of our lives, take the time to be aware of the potential hazards, and always lift using the safest method.

Submit your toolbox talk report by clicking on this link:

<https://www.fsstools.com/blank-10>

