

# TOOLBOX TALK, August 26th, 2024.

## Suggestion Box

We've added a suggestion box to fsstools.com. Please give us your suggestions, either anonymously or with your name attached. Your ideas and suggestions can help us improve.

## Material Handling

Many incidents occur while moving stuff around the job. Safe handling methods can help prevent injuries both on the job and at home.

- Before lifting, think about how you're going to do it.
- Look for sharp corners and edges, slippery spots in your path and other potential hazards.
- Know your limits. Ask for help or divide the load to make it more manageable.
- Know where the load is going and make sure your path is clear.

Ergonomic tips:

- Stand close to the load with your feet about shoulder width apart. Have one foot slightly in front of the other for balance.
- Squat, bending at the knees (not the waist). Keep your back as vertical as possible.
- Get a firm grasp on the object before lifting.
- Lift with your legs.
- Keep the load as close to the body as possible. As the center of gravity moves away from the body, there is a dramatic increase in stress on the lower back.
- When putting the load down, remember to keep your back as vertical as possible and bend at the knees.
- Be extra careful not to twist, overreach, or have unstable footing. If you must turn while carrying the load, turn using your feet not your torso.

When to seek help:

- When the load is so bulky or heavy that you can't lift it alone.
- When you can't see around or over the load.
- When you can't get a good grip.

Material handling aids

- Use carts, bins, hand trucks, dollies, and forklifts to relieve strains.
- Secure the load for transport, then *push* the load, don't *pull* it.

Be aware of the hazards around you, and always lift using the safest method.

**What PPE should you be wearing when moving material around the job?**

**How can good communication help when moving materials?**

## Innovation Rewards:

Fred Shearer and Sons is working to drive innovation in the industry, and what better way than to ask you for help. We offer \$25.00 gift cards for innovations that help us get our work done faster and safer, and at the end of the year the Safety Committee will choose one innovator to receive a \$250.00 gift card. When you have a great idea, present it to your foreman, and if we use it, you're in line for the big prize.

