

Weekly Safety Meeting

Safety by Design hopes you and your team benefit from this Tool Box Talk. Please note that this Tool Box Talk is intended as an overview of key points regarding this subject and is not intended to be complete training in accordance with any regulatory standards. If you have any questions or would like to obtain the appropriate training, please call Safety by Design at (832) 425-0556, or email us at info@safetybydesigninc.com. Thank you, and remember to always stay safe.

Company Name	Project Name	Supervisor	Date

Back Safety

In 2009 there were over 195,000 reported back injuries in the workplace.

Many painful injuries happen to construction workers because they forget several basic manual material handling suggestions. Here are a few pointers about lifting and handling:

Discuss the items that your crew routinely lifts, the path of travel for each lift and concerns about the lifts. Ask about the good lifting practices that they use to do each lift safely without injury?

- **First, think about what you are lifting. What are the dimensions? How heavy is it? What are the contents? Will they shift? Don't just lift something without first knowing some basic information.**
- **Be sure you are wearing proper footwear just in case you drop what you are carrying. Always wear safety shoes/boots and/or metatarsal guards.**
- **Think of your hands. Wear good tough gloves when you handle anything rough, sharp or splintery.**
- **Before you lift, be sure you've got a secure grip and solid footing.**
- **Keep the load close to your body, to minimize the strain. Lift smoothly – don't jerk as you lift.**
- **See that fingers and toes stay in the clear when lifting and handling.**
- **Don't twist your body when carrying a load; pivot with your feet instead of your spine.**
- **When a load is too heavy or awkward to handle alone, be quick to ask for help or use lifting equipment etc.**
- **Plan your path of execution and make sure it is free of debris and obstacles BEFORE you lift.**
- **Push rather than pull.**

Weekly Safety Meeting

- Use equipment (dollies, carts, two-wheelers, hydraulic/electrical hoists or lifts) to move loads whenever possible.
- Make sure work levels are at waist height when standing and elbow height when sitting whenever possible.
- If you have to work in one position for a long period of time, take stretching breaks.

Play it safe and smart. Stick with the basics in all of your lifting and handling of materials and equipment.

ADDITIONAL TOPICS COVERED: (I.E. Hazcom, Emergency Plan)

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2.
3.

MEETING ATTENDEES:

PRINT NAME	SIGN NAME	EMPLOYEE NUMBER
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Basic Fire Safety

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Weekly Safety Meeting

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