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 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Back Injuries</h3> <ul style="list-style-type: none"> • Did you know that back pain and back injuries causes Americans to miss more work than any other ailment besides the common cold? According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year, and ¼ of all worker compensation claims involve back injuries. • Although some back pain is caused by a single injury or trauma, most back pain is caused by minor strains that occur slowly over time due to poor habits. One very common habit that causes back pain is sitting or standing with bad posture. Other causes of back pain include improper sleeping positions (sleeping on your “front side”), declining physical fitness (i.e., stomach and back muscles), and improper lifting techniques. • Many people take their spine for granted, but it consists of a complex system of vertebrae, joints, discs, muscles, ligaments, and nerves. All of these parts have to be in alignment and healthy for your back to work properly and without pain. To keep muscles and ligaments from becoming overly strained, your back should be in a balanced, “neutral” position as much as possible. Try to work or complete activities without bending too far forward or too far back. • Many back injuries occur due to workers lifting materials improperly or handling materials incorrectly. Even small, light objects repeatedly lifted incorrectly can trigger back pain. By following a few simple steps you can protect yourself from back injuries. • Before lifting any materials or equipment, assess their weight as best you can. Think about how you are going to grasp the load and make sure there is a clear path of travel so you won’t stumble. Stand close to the object you are lifting. Bend at the knees and straddle it. Get a good grip and lift with your legs while keeping your back straight. Lift your chin and look up when lifting the load. Never twist your back while lifting or carrying heavy objects. If an object is too heavy or bulky to lift by yourself, ask a coworker for help. • When placing a heavy object, move close to the resting place or bend your knees to place items on the floor. Do not reach or bend over to place the object. 		<h3>Instructor Tips</h3> <ul style="list-style-type: none"> • Have workers stand up straight, concentrating on keeping ears, shoulders and hips in a straight line. • Review proper lifting procedures with workers. Demonstrate proper lifting procedures using a light object, such as an empty cardboard box, if possible. • Remind workers to use material handling devices such as dollies and hand trucks to move a heavy load whenever possible. 																																																	
	<table border="1"> <thead> <tr> <th style="width: 25%;">Name</th> <th style="width: 10%;">Init.</th> <th style="width: 25%;">Name</th> <th style="width: 10%;">Init.</th> </tr> </thead> <tbody> <tr><td>1.</td><td></td><td>13.</td><td></td></tr> <tr><td>2.</td><td></td><td>14.</td><td></td></tr> <tr><td>3.</td><td></td><td>15.</td><td></td></tr> <tr><td>4.</td><td></td><td>16.</td><td></td></tr> <tr><td>5.</td><td></td><td>17.</td><td></td></tr> <tr><td>6.</td><td></td><td>18.</td><td></td></tr> <tr><td>7.</td><td></td><td>19.</td><td></td></tr> <tr><td>8.</td><td></td><td>20.</td><td></td></tr> <tr><td>9.</td><td></td><td>21.</td><td></td></tr> <tr><td>10.</td><td></td><td>22.</td><td></td></tr> <tr><td>11.</td><td></td><td>23.</td><td></td></tr> <tr><td>12.</td><td></td><td>24.</td><td></td></tr> </tbody> </table>	Name	Init.	Name	Init.	1.		13.		2.		14.		3.		15.		4.		16.		5.		17.		6.		18.		7.		19.		8.		20.		9.		21.		10.		22.		11.		23.		12.		24.
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