

Job site: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

<b>SMOHIT Safety Sense</b> <b>Toolbox Talks for the Sheet Metal Industry</b>	<h3 style="margin: 0;">Broken Bones</h3> <ul style="list-style-type: none"> <li>• A cracked or broken bone is called a fracture. There are two types of fractures:           <ul style="list-style-type: none"> <li>○ Closed or simple fracture—skin over the bone remains intact.</li> <li>○ Open or compound fracture—bone breaks through the skin.</li> </ul> </li> <li>• If you suspect you or a coworker has broken a bone, immediately call for help. Do not straighten or move the broken bone or area near the suspected broken bone. Splinting or slinging is not necessary unless the person needs to be moved without assistance from medical personnel, or unless the fracture has blocked the blood supply to the limb.</li> <li>• To make a sling for a broken arm bone, cut a piece of cloth about 40 inches square, and cut or fold the square diagonally to form a triangle. Slip one end of the bandage under the arm and over the shoulder. Bring the other end of the bandage over the shoulder, cradling the arm. Tie the ends of the bandage behind the neck.</li> <li>• You can make a splint by using stiff material that does not bend easily, such as thin pieces of wood or a roll of newspaper. The splint must be long enough to extend above and below the injured area. Pad the splint with soft cloth, such as gauze or a t-shirt, and tie it securely to the injured area with strips of cloth or tape. Be sure that the splint is not so tight that it will cut off blood supply to the injured area.</li> <li>• To prevent broken bones, be sure you are getting enough calcium in your diet, 1,000 to 1,500 milligrams per day. You can get this amount of calcium through food sources such as non-fat or low-fat milk products, spinach, broccoli, and other green leafy vegetables. Sometimes calcium supplements are needed to meet daily calcium requirements, but you should check with your doctor before taking any supplement.</li> <li>• Moderate, weight-bearing exercise such as walking also helps to create bone mass and prevents bones from breaking easily.</li> </ul>	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> <li>• <b>Demonstrate how to make an improvised sling.</b></li> <li>• <b>Demonstrate how to make an improvised splint.</b></li> </ul>
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Reference: OSHA 29 CFR 1926.50