

Jobsite: _____
Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="text-align: center;">Handling Materials</h3> <ul style="list-style-type: none"> • Everyday in the sheet metal trade, we are handling materials, such as tools, sheet metal, steel or any material that we must move around the shop or the jobsite. Handling materials manually is one of the leading causes of non-fatal injury in the construction industry. • Always assess the situation before you attempt to lift any material. Make sure the material is not too big or too heavy and that there are no sharp edges. If an object is too bulky or heavy to lift by yourself, get a co-worker to help you. If there are sharp edges on the object, wear protective gloves. • Inspect your path of travel. Look out for hazards that could make you slip, trip or fall. If there are hazards in your path of travel move them or go around them. • Be aware of situations where your hands or feet could get pinched or crushed. For instance, if you are stacking heavy materials on a concrete floor, place a pallet or piece of wood down first to avoid pinching your fingers when setting down the materials. • If you are moving long objects, look out for others. Do not carry long objects horizontally. Instead carry them front to back, with the leading end high and the trailing end low. • Before moving material manually, check to see if there is lifting equipment available. If so, use the equipment instead of moving materials by hand. • If you must lift materials manually, be sure to use proper lifting techniques. Lift gradually with your legs and keep the object as close to your body as possible. Make sure your back is straight and your head is up. Do not twist your body. If you have to turn, shift your feet instead of turning at your waist. 		<h3 style="text-align: center;">Instructor Tips</h3> <ul style="list-style-type: none"> • Ask workers if they ever experienced injuring hands, feet, or back while handling materials. • Demonstrate the proper way to lift materials • Demonstrate the proper way to carry long objects. 																																																		
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