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Foreman: _____

Date: _____
G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="text-align: center;">Lifting Materials</h3> <ul style="list-style-type: none"> • Most back injuries occur due to workers lifting materials improperly or handling materials incorrectly. Even small, light objects lifted incorrectly can trigger a back injury. • Back injuries can be painful, disabling and even paralyzing. 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. Let your legs do the work. A good way to ensure you keep your back and neck straight is to lift your chin and look up when lifting the load. Do not twist your back while lifting or carrying heavy objects. • If an object is too heavy or bulky to lift by yourself, get help. Ask a co-worker for assistance - Two backs are stronger than one! • 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. • When possible, use the assistance of ergonomic devices such as dollies and hand trucks to help you move a heavy load. Ergonomic devices help you to work smarter instead of harder, easing stress on your muscles and joints. • When using hand trucks or dollies, maintain a safe speed, keep the device under control, and never stack items higher than your line of sight. • When stacking hand trucks or dollies, always put the heaviest load on the bottom of the device to lower the center of gravity and to make it easier to handle. 		<h3 style="text-align: center;">Instructor Tips</h3> <ul style="list-style-type: none"> • Obtain a load and demonstrate proper lifting procedures. • Review difficult lifting procedures, especially lifts over the worker's head. • Have the workers lift several loads to ensure compliance. • Demonstrate the increased control with 2 workers sharing a load. 																																																				
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