

Job site: _____
 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense
 Toolbox Talks for the Sheet Metal Industry

Lowering from Overhead

- Most workers have had training about the dangers of trying to lift up heavy loads. Likewise, it is important that we talk about lowering heavy loads from overhead. Reaching and lowering heavy loads from overhead can be very dangerous.
- When you are lifting something up, you can always stop and put it down if you find that it is too heavy to handle alone. However, if you are lowering something from overhead it is usually too late by the time you realize it, and it is already coming down on you.
- There are several things to consider before you attempt to lower overhead loads:
 - Size up the load. If it looks too heavy to have been lifted by a person to where it is, it is probably too heavy for you to take down.
 - Ask yourself, "How did it get up there?" Was it put there by a lift truck, or by more than one person? The way it got up is probably the best way to get it back down.
 - When you are lowering materials that you can handle alone, set it down the same way you would lift it up. Keep your knees bent and your back straight. If you have to place it to one side or another, move your feet rather than twisting your body.
 - Inspect the equipment you use to ensure it is in good condition.

Instructor Tips

- **Demonstrate how to lower an object from overhead.**
- **Emphasize that if an item looks too heavy to lift alone workers should ask for help.**

	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.	

Reference: OSHA 29 CFR Subpart H