



Toolbox Safety Talks

Material Handling (lifting & Carrying)

- 1) What are the hazards involved with lifting and carrying objects?
 - a. Lifting accidents
 - i. Strains & Sprains
 - ii. Slips, trips, and falls
- 2) What hazards should you look for before lifting and/or carrying an object?
 - a. Heavy or awkward objects
 - b. Unbalanced body positions
 - c. A clear route for carrying
 - d. Handholds and grips
- 3) What safe practices should be used when lifting or carrying an object?
 - a. Know the weight of the object, and know when to ask for help
 - b. Plan the lift and clear out the area and travel way before starting
 - c. Position yourself to lift with your legs, without bending or twisting your back
 - d. Never lift an object without a secure grip
 - e. Hold the object close to you
 - f. Communicate with the person assisting you
 - g. Never try to stop a falling object
 - h. Never carry an object that obstructs your vision
 - i. If you slip while carrying something, let the object drop
- 4) What tasks require us to lift heavy or awkward objects?
- 5) Is there a way to avoid lifting these objects?
- 6) What can we use to get a better grip on odd shaped objects?
- 7) Has anyone here ever injured themselves while lifting or carrying?
- 8) Can someone demonstrate proper lifting procedures?



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Make Time for Safety, Everyday! – Yes, production is important, *but the focus must be on Safe Production!* Keep that in the back of your mind. Don't take risky chances and stay out of harm's way. Nobody goes to work thinking 'I'm going to get hurt or killed on the job today!' But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. ***What are you doing to make sure it doesn't happen on your shift?***

Keep stoking the fire; we can't let the 'Safety Train' run out of steam!

Date Presented: _____

Presented By: _____

Attendance Sheet
