



Toolbox Safety Talks

Knee Injuries

- 1) What are the hazards involved with knee injuries?
 - a. Injuries that last a lifetime
 - b. Surgery, doctor visits, not able to do your job anymore

- 2) What hazards should you be aware of?
 - a. Uneven bottom
 - b. Muddy conditions
 - c. Rocks and lumps of coal
 - d. Clean clothes
 - e. Knee pad condition

- 3) What safe practices should be used when working on your knees?
 - a. Clean, disinfect and dry your knee pads at the end of each shift - Start each shift with clean pads
 - b. Wear clean clothes between your knee pads and your knee every day
 - c. Make sure that the padding is still in good shape and in place. Run your hand between the rubber outer part and the foam inner part of the pad and make sure that it is free from mud, rocks and coal clumps
 - d. Avoid twisting the knee, especially when you have weight on it
 - e. Avoid dragging the knee in a lateral movement
 - f. Pay attention to the bottom when you are moving about the section
 - g. Alternate your posture frequently
 - h. Extend and stretch your knees and legs every chance you get

Remember: The biggest factor in avoiding knee injuries and medical problems is YOU!!
Body positioning and personal hygiene are controlled entirely by you and your work habit

- 4) Which of our jobs are the hardest on your employee's knees? Why? Can it be prevented?
- 5) Do we clean our kneepads daily?
- 6) Does anyone here take time during their shift to stretch their knees and legs?
- 7) Has anyone here had to go to the doctor for a knee injury? Have your habits changed?
- 8) What jobs do employees frequently pivot on, or move laterally on their knees? Why? How can this be prevented?



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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
