



Toolbox Safety Talks

Strains & Sprains

- 1)** What are the hazards of strains and sprains?
 - a. Injured muscles which could result in time away from work
 - b. Injuries that could last a lifetime

- 2)** What hazards should you be aware of?
 - a. Heavy lifting
 - b. Pushing or pulling heavy or awkward objects
 - c. Poor footing leading to slips and falls
 - d. Catching falling objects
 - e. Awkward body positions

- 3)** What safe practices should be used to reduce strains and sprains?
 - a. Understand one's limitations. Don't charge into a job cold - warm up first
 - b. Do not overextend yourself. Re-position yourself as much as necessary
 - c. Lift with your legs as much as you can, not with the back. Keep the load as close to the body as you can. Never twist your body while carrying a load
 - d. Watch where you step. Slipping and tripping hazards are the main cause for sprains and strains. Be especially careful while working in muddy conditions
 - e. Look for ways to eliminate lifting and carrying. Can we use a forklift instead of doing it manually
 - f. Is there a better way to get the job done? Work smarter, not harder. It's easier and safer
 - g. Don't be afraid to ask for help

- 4)** How many of us have not had a strain or sprain injury before? How could it have been prevented?
- 5)** Which of our jobs could be altered to reduce strain on our bodies? How?
- 6)** Does anyone here stretch their body out before, during, or after work?
- 7)** Who knows someone who has strained their back and can no longer lift anything heavy?
- 8)** Why should we push, not pull?



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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
