



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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Date Presented: _____

Presented By: _____

Attendance Sheet



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