

# AGC Tool Box Safety Talk

## PROPER LIFTING AND STRETCHING

### INTRODUCTION

1. Review any accidents or “near accidents” from the past week.
2. Describe the hazards of the work as they relate to your project. Explain or show the SAFE way of doing the job.
3. Give the TOOL BOX SAFETY TALK

Repeated lifting can result in a variety of injuries. Back strain is the most common type of injury and can result from overstretching muscles. To avoid injury, stretch your muscles before starting your workday and use safe lifting techniques with every lift.

- Size up the load. Use mechanical assistance if necessary.
- Get a firm footing. Keep your feet a shoulders’ width apart for a stable base.
- Bend at your knees, not your waist. Let your leg muscles do the work. Lift with your legs not with your back.
- Keep the load close to your body. For greater strength and stability, lift and carry the object near your waist.
- Move your feet when you change directions; do not twist your upper body while carrying your load.
- Set the load down properly. Bend at your knees and not your back.
- Take mini-breaks throughout the day to stretch and reduce muscle tension that has built up.
- Use lifting equipment such as dolly’s and pallet jacks when available.

