



## TOOLBOX TALK #10

Monday Morning Safety Reminders

Vol. 1 No. 10

### MATERIAL HANDLING

Virtually everything we do involves handling materials. We want to focus on handling materials from one point to another and how this should be done safely. This is an issue that is important at home as well as on the job, because these types of injuries can be cumulative. They can develop over a period of time.

When moving materials from one place to another, such as from the truck to your work area, the first thing we must do is determine the best way to move them. If there is a handcart or other mechanical device intended for the purpose of moving such materials, this is the first option. Be sure not to overload carts as that simply trades one hazard for another.

View the path from your starting point to the place you are taking the materials. Make sure it is free of obstacles that might hinder you. Don't be a macho he-man tough guy. If you have to think about getting help, you should get help. Asking for help in moving materials doesn't mean you couldn't do it yourself, it means that it's our company policy that you shouldn't do it yourself if it can be done more safely with assistance.

If you must physically carry materials, lift the load using those big strong leg muscles, and not the little puny ones in your back. Bend at the knees in lifting and placing materials. Once you lift the load, make certain that you will have no difficulty in moving the materials to their intended place. Asking for assistance with a heavy load halfway to your destination is an example of bad timing and poor decision-making. Don't take chances with handling materials.

The point we are making is that when on the job, we do things safely. The same thing should happen at home. This is a serious issue. One load, one day, one little strain, can cause the beginning of a lifetime of back pain. Do things safely or you might require help getting out of bed, much less carrying a box of hardware.

**Facilitator Notes:** It is okay to have a little fun with this subject, so long as your crew takes the message seriously. Dissuade your crew from feelings of weakness by asking for help in moving materials. Emphasize the recurring message of using common sense and always choosing safety over any other concern. Point out specific materials on the job site and instruct crew members as to how they should be handled, consistent with the points covered in your talk.

**Additional Notes:** \_\_\_\_\_

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**Crew Member Comments:** \_\_\_\_\_

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**Presented By:** \_\_\_\_\_ **Date/Time** \_\_\_\_\_

**Attendees:** \_\_\_\_\_

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List additional attendees on back of sheet