

CONSTRUCTION SAFETY TOOL BOX TALK SERIES

#16 - GENERAL SAFETY REMINDERS

HAZARD

PROCEDURE

Strains from heavy lifting	Lift with your legs, a straight back, have your head up and avoid twisting. Get help with heavy or bulky materials such as large ducts. Have only one person give commands when in team lifting efforts.
Being hit by a swinging load	Always stay clear of suspended loads. Never stand under a load when guiding or receiving it. Keep you feet clear when guiding a load close to the ground. Use tag lines on all suspended loads. Never reach out and try to stabilize a swinging load. Always stay in view of the operator or signaler.
Falls while receiving loads	Receive material over the guardrails when ever possible. If guard rails are removed, provide restraint or fall arrest systems and tie off. Never lean over the edge to receive a load
Falling out of a scissors lift	All guardrails must be in place, including entrance mid-rails and chains. You must remain on the floor of the platform unless tied off to the structure above. Never stand on the toe board or guardrails of a scissors lift.
Injuries due to carelessness	If you are not sure how to do something, ask for help. Be aware of your surrounding. Have an attitude that I am going to be careful and look out for myself. Pay attention and look out for each other and remind each other to be safe. Find reasons to make safety a priority. Do what ever works for you. But do it.

**And Above All,
Be careful!**

Talk Given By: _____ Date: _____

Company _____ Location: _____

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