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SAFETY TOOLBOX TALK: Ergonomics and Lifting Safely

Format: Informal Chat

Duration: 5 Minutes

Objective: Goal: To educate employees on the importance of practicing safe lifting techniques to avoid injuries.

Introduction: Start the talk with a brief introduction, and remind everyone of the importance of Lifting of objects is a common part of our daily jobs, but it can result in injuries if not done correctly. In this talk, we will discuss the importance of being in good physical condition, the common injuries associated with lifting, and the safe lifting techniques that can help prevent injuries.

Body:

Lifting incorrectly can result in injuries such as back strain and hernia. To avoid these injuries, it is important to practice safe lifting techniques. The following are some steps to follow when lifting an object:

"Size up the load": Look at the object and decide if you can handle it alone or if you need help. When in doubt, ask for help.

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"Size up the area": Look over the area where you are carrying the object to, and make sure it is clear of obstacles before beginning to carry the object.

Get a good grip on the object to attach it to your body firmly and ensure that it's close to your centre of gravity.

Keep your balance with footwork, and let your leg muscles do the work.

Don't twist your body as it compounds the stress of the lift and affects your balance.

When working with a partner, teamwork becomes important. Both of you should decide in advance how the object is to be handled, check the route, and lifting and lowering should be done in unison.

Conclusion: Summarise the main points covered in the talk, remind everyone of their role in Practising Safety. Practicing safe lifting techniques is essential to avoid injuries associated with lifting. As the employee making the lift, you are responsible for making lifts that are safe and comfortable for you. Remember to stay in shape, size up the load, get a good grip, keep the load close, keep your balance with footwork, and let your leg muscles do the work. Injuries occur over time and safe practise should be implemented as soon as possible.

Attendance Register: Pass around the attendance register, asking everyone to fill in their details and sign to confirm attendance.

Additional Notes: Provide handouts or visual aids to reinforce the key points of the talk. You may also consider conducting periodic follow-up toolbox talks to reinforce the importance of good housekeeping in the workplace. Finally, conclude the talk by reminding everyone of the company's commitment to ensuring a safe and healthy work environment for all.

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ATTENDANCE REGISTER:

SAFETY TOOLBOX TALK- GOOD HOUSEKEEPING

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