

SAFETY TOPICS

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CAUTION CAUTION CAUTION CAUTION CAUTION

Location _____ Trainer _____ Date _____

WHEN HANDLING MATERIALS....

- Get help when necessary. Use agreed-upon signals for releasing grip, etc.
- If the object is slippery, dirty, wet, etc., make it safe to handle first. Wipe it clean and dry before handling.
- Hands and feet should be kept clear as much as possible. Require the use of foot protection wherever necessary.
- Do not throw materials. Where necessary to do so, particular care should be taken to guard against strains, and injuring other workers.
- Check all objects to be handled for wires, splinters, strapping, jagged edges, protruding screws and nails, and similar hazards.
- Wherever possible, use specialized handling tools such as tongs, slings, bars, etc.

It All Adds Up To:

- Lift with the leg and arm muscles.
- Keep the back as straight as possible.
- Always carry the load close to the body.
- If the load interferes with normal walking - get help.