

## TOOLBOX TALK, January 20th, 2025

### Training: TWO CLASSES PER YEAR REQUIRED!

#### Contact the training center to register

Carpenters ----- Portland 1/25 Fall Protection or CPR/first aid – 503-287-3708

Tangent 1/25 Industrial & RT Forklift – 541-641-6534

Tapers ----- MEWP 2/12 1pm to 5pm – 503-287-4856

#### Shirts and Sweatshirts

Toby and David will be making the rounds to review our stats from 2024 and to present our safety goals for 2025. We'll also be handing out new shirts and sweatshirts. To tell us your size go to [fsstools.com](https://fsstools.com) and click on the suggestion box. Put your shirt size in the "make a suggestion" box, input your name then hit submit.

#### Warehouse

Always return equipment that's not being used to the warehouse. If the returned equipment has problems be sure to red tag it and communicate the issue so we can send it off for repair.

#### Avoid Lifting Injuries

To reduce the risk of lifting injuries, consider the ideas listed below and incorporate them as needed.

#### Preparation:

- Ensure that we're wearing proper clothing and PPE
- Assess object you are planning to lift before you begin
- Determine the weight of the object before lifting
- Determine the best place to grip the object
- Ensure that your travel path is free of slip and trip hazards
- Know your own lifting restrictions and capabilities
- Gloves are required on the job especially when lifting objects with sharp or abrasive edges
- Stretch at beginning of shift and again before you attempt to lift a heavy object
- When possible, store materials at waist height to reduce the strain on your back
- Have materials delivered as close as possible to the area where they will be installed

#### Proper Lifting Techniques:

- Have your feet spread about shoulder-width apart.
- Your feet should be close to the object.
- Square up to the object and get a firm grip.
- Keep your back straight and elbows close to your body.
- Keeping your back straight and head up, straighten your legs to lift object
- At the same time tighten your stomach muscles to provide back support (Don't hold your breath while doing this)
- While carrying the object DO NOT twist or bend at the waist, move your feet and legs when turning.
- Keep the load as close to your body as possible
- To set the object down, use the same technique used to lift the object

#### Get Help:

- Use carts, dollies, forklifts and hoists to move materials
- When lifting heavy or awkward loads, get help from your partner

Submit your toolbox talk report by clicking on this link:

<https://www.fsstools.com/blank-10>

