

TOOLBOX TALK for the week of April 8th, 2024.

Training

Sign up now if you need to update your Scaffold User training. The class will be held on April 13th starting at 7:30am. The lists below show those who need this training.

Calixto Cazares	Tom Clark	Pablo Davalos
Ramon Diaz	Juan Flores	Rudy Garcia
Mark Hasagawa	Tom Kirk	Omar Munoz
Enrique Olivares	AJ Peroutka	Joshua Rockey
Jose Ruiz Simon	John Walsh	Kevin Williams
Dennis Woodward	Bryan Woolverton	

Innovation Reward:

Recently we handed out a twenty-five-dollar gift cards to Bryan Woolverton for his innovative tool designed to remove wheels from baker's scaffolds, easily and safely. His quick response to a need, is the type of innovation we're hoping for. He will be in the year-end drawing for two hundred and fifty dollars. Your great ideas could get you there too.

Reducing Back Strain

For a few years we've been focused on reducing strains and sprains. Doing working overhead, repetitive work, and working with heavy or awkward materials can all contribute, but taking a little time to plan and coordinate may be able to prevent some of the aches and pains we're subject to. Consider these few ideas:

- Repetitive Work
 - Switch positions with your partner. If you are the up guy, switch with the down guy more frequently.
 - If you're repeating a motion over and over, take micro breaks to stretch.
 - Stretch well before work and after lunch.
 - If the task can be split with another less repetitive task, break up the day between the two.
- Body Positioning
 - Whenever possible, work directly in front of you.
 - Change positions if you are starting to overreach.
 - Avoid bending and twisting as much as possible.
 - Throw scraps directly into a buggy so you won't have to go back and pick them up later.
 - When working at elevation get your lift or platform high enough to avoid overreaching.
 - When lifting heavy material, bend at the knees not at the waist.
- Plan Your Work
 - Walk your work area before you start. Make sure your area is clear of hazards.
 - Keep your material close to your work. Production and safety suffer when you go back and forth.
 - Plan to get help when the load is too heavy or hard to carry.
 - Have mechanical means available to help with lifting and moving material. (carts, buggies, pallet jacks, etc.)

What can you do to reduce sprains and strains today?

Is there anything you can do at home to help minimize injury?

