

TOOLBOX TALK, April 6th, 2026

Remember the 20–20–20 Rule - Every 20 minutes - Take 20 seconds - To look 20 feet around
Focus on your personal safety bubble. **STOP • LOOK • ACT**

Upcoming Training Schedules:

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|---------------------------------------|--|
| • Portland Carpenters Training Center | MEWP April 11th /Forklift April 25th |
| • Tangent Carpenters Training Center | MEWP April 24th |
| • Meridian Carpenters Training Center | Forklift April 24th /Forklift April 25th |
| • Onterio Carpenters Training Center | MEWP April 11th /Fall Protection April 18th
Scaffold Erector April 18th |

Back Protection

Construction has one of the highest rates of back injuries of any industry. In fact, about 25% of all construction-related injuries each year involve the back. Because these injuries are so common, it's important to understand their main causes and how to prevent them.

Common Causes of Back Injuries

- **Repetitive Strain:** Frequent bending, lifting, or twisting
- **Overexertion:** Lifting more weight than the body can handle
- **Awkward Postures:** Working in tight spaces or overhead positions

So, how can we reduce the risk? There are proven methods that, when followed, can significantly lower the chance of injury.

Back Protection Techniques & Strategies

- **Use Proper Lifting Techniques:** Stand with feet shoulder-width apart, bend at the knees and hips, keep your back straight, and lift using your leg muscles.
- **Avoid Twisting:** Turn with your feet instead of twisting your torso while carrying materials.
- **Manage Loads Carefully:** Keep heavy items close to your body at waist level. When possible, limit manual lifting to under 50 pounds.
- **Use Mechanical Aids:** Take advantage of tools like dollies, carts, forklifts, to move heavy materials.
- **Make Ergonomic Adjustments:** Position work surfaces at waist height to reduce bending.
- **Rotate Tasks:** Alternate between physically demanding and lighter tasks to prevent muscle fatigue.

Protecting your back is essential for a long, healthy career and a pain-free life. Keep these techniques in mind every day on the job.

Innovation Rewards:

Remember your innovation may be worthy of a reward. If your idea is useful and keeps us safe, you're on your way. Turn in your ideas using the suggestion box on www.fsstools.com, or talk to your foreman.

[Toolbox Talk Submission](#)