

TOOLBOX TALK, August 11th, 2025

Summer Heat:

This week temperatures are supposed to rise into the high nineties again. Remember to hydrate and take cooling breaks as needed. Work smart and safe when temperatures rise.

Good Housekeeping

Good housekeeping begins by identifying hazards in our work areas, taking necessary actions to make our environments safe, and adopting a "clean as you go" mentality. When we practice good housekeeping, our work becomes more efficient, production improves, and the risk of injuries decreases.

It's well-established that good housekeeping practices can eliminate many unsafe conditions before they lead to injuries. If we ensure there's nothing to trip over, step on, slip on, or get cut by, we significantly improve safety.

Safe Lifting & Ergonomic Best Practices

Proper Lifting Technique

- Bend at the knees and waist, keeping your back straight. Avoid twisting during lifts.
- Hold loads close to your body to reduce strain on your back.
- Lift with your legs, not your back. Your legs are stronger — use them!
- Grip loads firmly to maintain control and avoid drops.

Tools & Workspace Setup

- Don't reach for heavy items. Move closer or ask for help.
- Use lifting aids and mechanical tools for heavy or awkward loads.
- Adjust work surfaces to eliminate excessive bending or overhead reaching.

Smart Work Practices

- Take regular breaks to let your muscles recover.
- Rotate tasks to avoid overusing the same muscle groups.
- Keep tools and supplies close to reduce unnecessary effort.
- Ensure clear, well-lit workspaces to avoid accidents.

Proactive Ergonomics

- Plan tasks to avoid awkward positions or repetitive strain.
- Report hazards and speak up during safety meetings. Awareness saves injuries.
- Inspect work areas regularly to catch and fix risks.
- Use lifts or scaffolds for overhead work.
- Build in rotation and rest for repetitive tasks to avoid overuse injuries.

Safety Is a Daily Practice

Reducing injuries isn't just a goal — it's a daily team effort. Let's keep supporting each other, working safely, and staying alert. Every safe choice you make helps protect you and your coworkers.

Innovation rewards:

Your innovations can make a big difference, so when an idea hits, let us know. Innovation rewards are based on the innovation and whether we adopt it into regular use. If you come up with a great idea, let your foreman know and we'll test it out. If we use your idea you'll earn a 50 dollar gift card, and a chance at an additional 250 dollars.

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