TOOLBOX TALK for the week of March 4th, 2024.

Training
We'll be doing an MEWP training at the office on March 23rd starting at 7:30am. On May 1st, the Western States Regional Council will be taking over all Carpenter's Union training, after that, we may no longer be able to do trainings at the office, and trainings are likely to be much longer. So, it's smart to take advantage of training opportunities between now and May 1st.

Lifting Injuries:
Proper lifting techniques, help reduce the risk of sprains and strains. Lifting safely can save you from a lot of pain. Here are a few safe lifting ideas:

Preparing to lift:
- Stretch at the beginning of your shift and before you lift heavy objects.
- Ensure your travel path is free of slip and trip hazards.
- Gloves must be worn and can protect you from sharp or abrasive edges.
- Assess the weight and dimensions of the object before lifting.
- Be aware of your limits and ask for help when needed.
- Determine the best way to grip the object.
- When possible, store materials at waist height to reduce bending.
- Have materials delivered close to where they will be used.

Get help:
- Use carts, dollies, forklifts, and hoists to move materials.
- Use carrying tools/straps to carry odd-shaped loads.

Lifting Techniques:
- Spread your feet shoulder-width apart.
- Lift close to your body.
- Keep your back straight and elbows close to your body.
- Use your core strength when lifting.
- Lift with your legs.
- Do not twist or bend at the waist, move your feet and legs when turning.
- Set the object down, using the same technique used when lifting.
- Lift as smoothly as possible, do not "jerk" the lift.

How can you know if an object is too heavy before you try to lift it?
When should you use a cart?
When should you ask for help?

Remember to submit your ideas for an Innovation Reward:

We're still looking for great innovations, and we're handing out twenty-five-dollar gift cards for your good ideas. This is a small prize which gets you in the running for the year-end drawing for two hundred and fifty dollars. So, don't forget to share your ideas for ways to get the job done faster and safer.

Name:	**Signature:**	**Date:**