



Toolbox Talk

Topic: Ergonomics and Body Positioning

Working in construction can take a physical toll on the body. With manual labor, sometimes the body is used as a 'tool' to complete the job. Starting the day with stretching and flexing exercises are a great way to prepare for the physical challenges construction workers regularly face.

It's important to recognize the ideal working zone. This zone is identified as the area from the knees/mid-thigh to the shoulder and within the frame of the shoulder width.

Tips for lifting

- Consider the force needed to perform a job.
- Limit solo lifting to less than 50 pounds. Don't hesitate to ask for help.
- For objects between 50 and 80 pounds enlist the help of another person.
- For loads over 100 pounds, use a machine to assist.
- Never exert maximum force to complete a task.
- Remember to stop and assess the task before getting started – and reassess when necessary.

Look at the work you are doing and ask how you can move this task into the ideal working zone.



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Date:

Presented by:

Organization/Department Name

Attendee Printed Name	Signature

Comments:

