



SAFETY TALK

Manual material handling

Manual material handling is a leading cause of sprains, strains and other injuries in the heavy construction industry.

What's the danger?

Hazards include:

- Ground instability
- Twisting your back when shoveling or digging
- Lifting heavy loads with a shovel
- Stretching to reach the material you are shoveling
- Bending while shoveling or digging for long periods

How to protect yourself

These safe work practices will help protect you:

- Stand with your feet apart and one in front of the other, facing the direction you will throw the shoveled load
- Allow your whole body to help, instead of just your arms and back
- Always try to skim the top – do not pick up more than 10 pounds at one time
- Avoid stretching and reaching
- Select the right tool for the job – pay attention to blade type, handle length and grip of shovel

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Performed by: _____

Supervisor: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

