



Safety Tailgate Meeting | Week of March 12th, 2018

Project Name: _____

Job Number: _____

☐ Sheet Metal ☐ Piping ☐ Plumbing ☐ Start-Up

GF/Foremen: _____

Discussion Leader: _____

Date of Meeting: _____

Backs and Lifting

Most back injuries that occur to workers are from improper lifting techniques or other incorrect manual handling of materials. Awkward body positioning, prolonged or repeated positions, and contact stress are some of the most common hazards. By following a few simple steps you can protect yourself from back injuries.

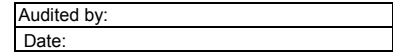
- Many back injuries can be prevented by stretching before you begin work. This is particularly true if you have to lift heavy objects during the day. Properly warmed and stretched muscles are less likely to be injured. Remember to re-stretch following lunches and breaks.
- A good rule to remember is if the material is over 50 pounds or an awkward shape, get some help moving it. If there is any questions in your mind about your ability to easily move an item, *DON'T!* Either get help from a coworker or use lifting equipment designed to help to prevent back injuries. These include hand trucks, forklifts, wheelbarrows, and dollies.
- When preparing to lift an object, whether you are by yourself or getting help from a co-worker, follow these steps:
 - ✓ Get your body as close to the object as possible
 - ✓ Keep back straight
 - ✓ Head up
 - ✓ Lift with your legs
- It doesn't have to be a heavy load. When lifted incorrectly, even very light objects can trigger a back injury.
- Back injuries can be painful, disabling, paralyzing, and sometimes even fatal. Protect your back at all times.

Safety Comments/Suggestions for this Project: _____

Print Name & Clock #		Print Name & Clock #		Print Name & Clock #	
1	_____	7	_____	13	_____
2	_____	8	_____	14	_____
3	_____	9	_____	15	_____
4	_____	10	_____	16	_____
5	_____	11	_____	17	_____
6	_____	12	_____	18	_____

Foreman's Name & Clock #: _____

W = Correct Within One Week



Project Name: _____ Job Number: _____
 Sheet Metal Piping Plumbing Service GF/Foreman: _____
 Pre-Task Plan Prepared By: _____ Date: _____
 Project Safety Contact: _____ Safety Contact Phone Number: _____

[illegible]

IF WORK CONDITIONS CHANGE, PRE-TASK PLAN NEEDS TO BE UPDATED ASAP