

THREE WAYS TO MAKE WORK EASIER AND MORE EFFICIENT

INTRODUCTION

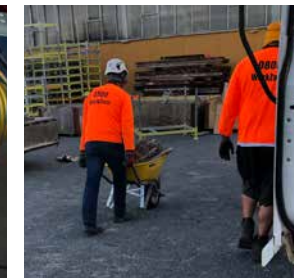
Strains and sprains are widespread in construction and the number one injury issue. Often they happen over time so small changes in your work can make a huge improvements to your health.

There are 3 physical tasks we can look at to make work easier and more efficient

- 1** Ground level work - tasks that make you bend and stoop lots and for long times. Things that put stress on your back and knees.
- 2** Overhead work - tasks where you need to raise our arms above our heads. Things that put stress on your shoulders and neck.
- 3** Handling heavy loads - tasks where you lift, lower and move things that are heavy. Things that require force and exertion.

WHAT TO DO:

1. Gather your team together.
2. Use the introduction above to outline the talk
3. Either split your team into 3 groups looking at one factor each (e.g., Ground level) or cover all 3 together.
4. You can use video, photos, a site walk-around or brainstorming to identify your tasks. Write them down on the attached sheet.
5. Score each task out of 3 where 1 = Can be improved now; 2 = Will require additional resources to fix; and 3 = Requires more research and planning into a solution.
6. Put the task sheet in a prominent place and update once actions are taken.
7. Review this list at a future toolbox talk and look for more risky tasks.



	Score 1-3	Solutions	Date implemented
Ground level tasks			
Overhead tasks			
Tasks with heavy loads			