

HOW CAN WE MAKE THE CHAINING OF GEAR EASIER ON OUR BODIES?

INTRODUCTION

This toolbox talk focuses on the demanding task of chaining gear and how we can minimise this.

WHAT TO DO:

1. Step 1: Watch video 'Never break yourself'.



2. Step 2: Discuss the following questions. Write each idea or answer on a post-it note.
- Do we practice advanced guard railing techniques – to ensure we work behind rails?
 - How do we make chaining gear easier on our bodies?
 - How can we reduce the amount of overhead work in our job?
 - What is the difference between handling with our hands above our heads versus handling with our hands below our heads?

Organise the ideas and answers written on post-it notes under the following headings:

STOP – What have we discussed that we need to stop doing?

START – What have we discussed that we must start doing?

CONTINUE – What have we discussed that we need to continue doing?



scan QR code to watch video

