

# Tools for Life – Weekly Health & Safety Meeting

*Apollo*

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Home Healthy - Home Safe

Date: Sept. 2022

### Body Positioning and Hazard Awareness

Every day we rely on our bodies to complete thousands of tasks, many of these tasks can put us at risk of injuring ourselves or others around us. To safeguard ourselves we can utilize smart body positioning and hazard awareness to make these jobs safer and easier! OSHA doesn't currently have a standard which covers ergonomics but since it plays a huge factor there are proactive steps all of us can take to protect our bodies.

#### Engineering Controls:

- Location of material storage
- Containers with handles/wheels
- Material securing devices (chain grips)
- Tools that fit your hand
- Raised work area platforms (especially for cutting)

#### Administrative Controls:

- Rotate workers and the work they are performing
- Work together to lift objects
- Housekeeping, keeping work areas clear of trip hazards
- Take breaks to stretch and readjust the body
- Power tools to reduce using excessive force



Hazard Awareness many times comes from experience performing a tasks or years in the trade. However, sometimes complacency takes place and makes even the most experienced workers completing a simple task very dangerous. To help with hazard awareness and hazard identification consider the pointers below:

- Train new employees
- Identify hazards as a group during a Pre-Task Plan meeting
- Share near misses as a group and be sure to report them to your safety professional. The near miss you had today may save someone from getting injured tomorrow if shared promptly and effectively
- When something or someone changes, stop, huddle up, and re plan. Most incidents happen after a change occurs.

**HEALTH OR SAFETY REMINDER: In 2013 33% of all worker injury and illness cases, were musculoskeletal disorders, such as sprains, strains, and muscle injuries. \* Bureau of Labor Statistics**

#### Discussion Points / Question:

1. Have there been any near misses lately where a hazard wasn't identified during the pre-task planning?
2. Are there any work areas that can be improved with a table, cart, or additional tools?