



ToolBox Talks from the SWPA Safety Committee



BE THE BENCHMARK... Don't be influenced by others around you, **set the standard**. If you won't wear PPE because others don't, **remember the injury you may suffer will be yours alone to live with**. Encourage others and set a good safety example ...your attitude plays a major role in your companies' success or failure.

PREPARE FOR SAFETY... Wear PPE that is in good condition. If you need PPE to match the season ask for it. If part of your gear is in disrepair get it fixed or replace it ASAP.

SET SAFETY IN MOTION... You are in the best position to see a safety issue that may affect your job. Ask for any PPE, tool, safeguards or additional guidance that you need to stay safe.

R-E-S-P-E-C-T IT... Equipment can crush, pinch, cut, or even kill. Respect it. Make sure all guards and safety features are in good condition and in place. Never **rush, or try to operate beyond your ability & always think and act safely**. Remember the basics rules of Separation of Operations, Lock Out / Tag Out and 3 Points of Contact. Use the buddy system before beginning any maintenance or repair.

KEEP IT TIDY... Messy work areas can be the cause of accidents. Don't be a source of injury in your operation. Clean or pick up any debris you may see lying around and clean up at the end of your shift.

SAFEGUARD FROM LIFTING INJURIES... Most muscle and spinal injuries are from strain. Know your own limits. Get help when needed, taking just a minute to get help can prevent weeks of aches and pains.

QUALIFIED ONLY PLEASE... Your supervisor may not be aware that you haven't used a piece of equipment or haven't done a certain task. You have the responsibility to let them know what equipment you have used & if you need training or assistance. Make certain you **KNOW** before you start a task.

HAMMERING IT HOME... Follow your company's safety plans and practices. They are looking out for you. Follow their rules and adhere to the guidelines.



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, CAT, FM Insurance.



