

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**

**Toolbox Talks for the Sheet Metal Industry**

**Injury Risk Factors**

- Ergonomics aims to reduce injuries in the workplace by reestablishing the way work is done regarding, tool and equipment use, work environments, and work techniques.
- The most common musculoskeletal problems in the sheet metal industry include; muscle, nerve, tendon, ligament, cartilage, and spinal disk injuries.
- Sudden injuries can cause problems, but many times, injuries are a result of years of repeated minor strains and sprains.
- Injury risk factors include:
  - Repetitive motions
  - Sustained postures
  - Forceful exertions
  - Vibration exposure
  - Extreme temperatures (heat/cold)
  - Improper tool use/design
  - Contact stress
  - Stress
  - A combination of risk factors
- Be aware of what can cause injuries, pain, and discomfort in the way you work.
  - Understanding how to address these issues can go a long way in keeping you healthy, safe, and mentally positive about your work.
- Ergonomics seeks to eliminate injuries by allowing the work, job, and task to fit the worker, and by creating a more efficient and effective use of movement and actions.

**Notes:**

**Instructor Tips**

- **Remind workers that if they are experiencing pain, fatigue, or discomfort while working; they may need to change “how they work” and the tools and techniques they are using.**
- **Ask workers to share any experiences they may have had with injuries that resulted from the long-term effects of the risk factors listed in the fourth bullet point.**

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

Name		Init.	Name		Init.
1.			13.		
2.			14.		
3.			15.		
4.			16.		
5.			17.		
6.			18.		
7.			19.		
8.			20.		
9.			21.		
10.			22.		
11.			23.		
12.			24.		

Ergonomics (2)