

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

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

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### Repetitive Motions

- Repetitive motions can be caused by tasks such as constant lifting and placing of ductwork, hammering in awkward postures, squeezing snips, drill triggers, etc., and repeating the same task.
- Ergonomically sound methods to counter repetitive motions include:
  - Using mechanical lifting devices.
  - Using spring-loaded hand tools with protective edges.
  - Using tools with multi-finger triggers and contact switches.
  - Rearranging tasks, if possible.
- The risk of damage from forceful movements and awkward postures is compounded when the work involves repetitive actions.
- Every time a muscle contracts and relaxes the tendons are stretched.
  - Repeated stretching and pulling can cause the tendon to swell and get sore (become inflamed).
  - If muscles and tendons don't get enough time for rest and recovery, the risk of injury is increased.
- Rest the muscles doing most of the work by using "microbreaks" when needed.
- Repetitive work can also damage nerves and blood vessels.
  - The risk of injury from vibrating tools, triggering, or using hard-handled tools, which press against muscle or bone, is increased when the actions are done repetitively.

**Notes:**

### Instructor Tips

- **Ask workers to list some of tasks that require them to perform repetitive motions during their workday.**  
  
**Answers may include installing hangers and welding ductwork.**
- **Ask workers to discuss which methods listed in the second bullet, they use.**

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Ergonomics (5)