

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Strength Training

- Strength is the ability of a muscle (or muscle group) to exert an amount of force, typically in a one-time burst of effort.
- Strength training increases muscle strength by putting more than the usual amount of strain on a muscle.
- Strength training also increases muscle mass, bone strength, and increases your metabolic rate.
- Adequate muscle strength enables you to do daily activities such as climbing stairs or ladders, and completing work tasks.
- Increasing the load during weight training stimulates the growth of small proteins inside each muscle cell that play a central role in the ability of the muscle to generate force.
- The best way to build strength is to lift weights three times a week.
 - Workouts usually involve a number of different exercises that focus on different muscle groups such as the arms, legs, back, and shoulders.
 - Lift weight in three sets, of eight to twelve repetitions.
 - Numerous weight training programs can be found on the internet.
- Weight lifting is the best way to combat the gradual loss of muscle mass that occurs during the aging process.
- Be sure to work your shoulders, biceps and triceps, abdominal muscles, legs, chest, and back.

Notes:

Instructor Tips

- **Explain other benefits of strength training include: a reduction in fat tissue, an increase in high-density lipoprotein (good cholesterol), an increase in bone mineral content, which helps prevent osteoporosis, and a better mood.**
- **Ask workers if they regularly work on their strength, and if so, what do they do.**

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Exercise (3)