

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

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

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

### Physical Stress at Work

- Physical stress is caused by wear and tear on the body, or by sudden injuries or illnesses, which can occur when you are performing day-to-day work assignments.
- Physical stress can be caused by such things as using inappropriate or damaged tools, repetitive motions, heaving, lifting, or failure to use appropriate safeguards or control measures.
- Failure to address long-term physical stress can cause problems for both employees and the company as a whole.
- Developing strategies for reducing physical stress injuries can be accomplished by:
  - Having meetings to identify work tasks that cause the most problems.
    - List the most common problems and solutions.
    - Pilot corrective actions on a small crew before attempting a wide application.
    - Document and distribute problems and potential solutions.
    - Evaluate the effectiveness of potential solutions.
  - Planning and organizing at the beginning of the project.
  - Identifying methods to organize materials to make job tasks efficient and safe.
  - Identifying/implementing new and effective work practices.
  - Providing training.
  - Implementing a flex and stretch program.
  - Identifying and utilizing effective PPE.
  - Conducting a Job Hazard Analysis.
  - Encouraging supervisor and co-worker input.

**Notes:**

### Instructor Tips

- **Ask workers to explain how long-term, unattended to physical stress, can adversely affect their careers and the well-being of the company as a whole.**
- **Ask workers to explain which strategies listed under the fourth bullet are used at their workplace.**
- **Ask workers to explain what a job hazard analysis is, and how it can be used to help minimize physical stress at work.**

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