

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Engineering Controls for Physical Stress

- Engineering controls help reduce physical stress (injuries/illness) caused by the work environment, by eliminating or minimizing hazards.
- Engineering controls include:
 - Designing the facility, equipment, or process to remove the hazard, or substitute processes, equipment, materials, or other factors to lessen the hazard.
 - Enclosing the hazard using cabs, enclosures for noisy equipment, or other means.
 - Isolating the hazard with interlocks, machine guards, blast shields, welding curtains, or other means.
 - Removing or redirecting the hazard with local and exhaust ventilation.
 - Using scaffolds or platforms with fall protection so that you can work closer to job.
 - Using mechanical devices to maneuver materials closer to your job.
 - Using carts and dollies to move material.
 - Using adjustable carts and carriers.
 - Using vacuum assisted lifting devices.
 - Using portable roller conveyers.
- Employing effective engineering controls requires careful consideration when planning for:
 - Jobsite layout
 - Workstation or task setup and layout
 - Selection and use of tools
 - Work methods (worker capabilities)
 - The use of sit/stand chairs at workstations
 - Appropriate lighting
 - Appropriate and maintained tools and equipment

Notes:

Instructor Tips

- **Explain that in terms of order of precedence for hazard controls, engineering controls come first, followed by administrative controls, followed by the use of PPE.**
- **Ask workers to describe the types of engineering controls that are used at their workplaces.**
- **Ask workers to identify areas at their jobsites or workplaces where engineering controls are lacking, and what an appropriate engineering control may be.**

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