



Toolbox Talk

Name of Company Superior Waterproofing & Restoration Co., Inc.

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Dollies & Hand Trucks

It's really easy to injure your back. And back injuries hurt! Even lifting a small object incorrectly can strain your back and cause you pain. You can avoid many back injuries by using a dolly, hand truck, or other mechanical device; by following safe work practices; by using proper lifting techniques; and by asking for help when a load is too heavy for you to lift alone. The best way to protect your back is to **know your limits**.

Construction work requires a lot of material handling. You probably spend lots of time lifting, carrying, pulling, and pushing materials to wherever you'll be using them. You probably also deal with objects of awkward shapes and sizes. And too often you're alone and don't have someone around to help you out. One easy solution to reduce stress on your body is to use a dolly or hand truck.

Have you ever watched a soda delivery person or professional movers work? They can move multiple cases of drinks or a heavy piece of furniture with the greatest ease and efficiency using a hand truck or dolly. It's kind of amazing how many heavy boxes they can carry on a hand truck. They load it up, balance the load, and off they go rolling away.

The key to this material handling success is the same as with any other task—using the right tool for the job. A hand truck is a simple tool made of two wheels and some welded aluminum side rails with a handle, but it can be a big help when moving almost any material. Four-wheeled dollies and

cards also help eliminate strain on the back. They allow you to roll boxes, objects, and other materials across the jobsite with relative ease. Since the weight of the load is carried by the cart's wheels, it's much easier and safer for one person to move a heavy load.

Using a dolly, hand truck, or other device doesn't eliminate all hazards. You must still be cautious. Make sure the load is securely placed on the dolly or truck so that it will not shift or fall over as you travel. Be careful not to place your hands or fingers where they could be pinched or crushed as you move the load. Keep your eyes on the path of travel. A misplaced piece of pipe or block of wood could cause a wheel to stop suddenly or you could stumble or trip. Move slowly and carefully, and watch for obstacles in your path.

When lifting materials on and off the dolly, be sure to use proper lifting techniques. Keep your back straight, bend your knees, lift with your legs, and keep the object close to your body. It's true that material handling devices do the work of two or three people. But just because you're using a dolly doesn't mean you won't have to ask a co-worker for help. Get help if you need it. A little help from a friend will make the work a little easier and a lot less painful.

SAFETY REMINDER

You might consider renting a dolly or hand truck when moving or for home renovation projects. The cost of the rental is far less expensive than the time off and medical bills caused by a back injury.

Names of attendees:

Please print and sign your name. Thank you!

