

Safety Flash

February 17, 2015.

Safety Statistics

First Aid Free Days: 73

REMINDER

*Remember, Weak Spot:
Acute bending is the weak
spot in the defense against
back strain. LIFT WITH
YOUR LEGS!*

Think Safe, Work Safe and
Be Safe!!

Quote of the Day

"Working without safety
is a dead-end job."

~Author Unknown.

LIFTING SAFETY.

In spite of the increased use of machinery and equipment in construction work, most of the materials put into a structure are moved by hand during some phase of its building. The human body is subject to severe damage in the form of back in-juries and hernia if caution is not observed in this handling process. Each worker should know the proper method of lifting heavy objects.

The general guidelines for lifting are:

- Get a good footing.
- Place feet about shoulder width apart.
- Bend at the knees to grasp the weight.
- Keep the back straight.
- Get a firm hold.
- Keep the back as straight as possible.
- Lift gradually by straightening the legs.

When the lift is too heavy or bulky for you to lift comfortably — GET HELP!

When putting the load down, reverse the procedure.

Remember: LIFT PROPERLY — THINK.

Tomorrow we will look at THE DANGEROUS FOUR.....to be continued.



BE A ZERO HERO!

*Every reasonable precaution should be taken to protect yourself and promote our
ZERO ACCIDENTS culture.*

Be Safe!

PLEASE PLAN TO HAVE A SAFE DAY!

Weather Forecast for Edmonton

	Mon. Feb. 16	Tue. Feb. 17	Wed. Feb.18	Thu. Feb. 19	Fri. Feb. 20	Sat. Feb. 21
						
High	-8°C	-14C	0°C	-5°C	-2°C	0°C
Low	-19°C	-20°C	-8°C	-8°C	-7°C	-8°C
Wind	SE 10 km/h	N 10 km/h	E 8 km/h	W 5 km/h	E 15 km/h	SE 15km/h