



TOOLBOX TALK

ERGONOMICS

WHY **ERGONOMICS** MATTERS

Construction work often involves heavy lifting, awkward postures, repetitive tasks, and long hours—all of which increase the risk of musculoskeletal disorders (MSDs) such as back pain, joint strain, and carpal tunnel syndrome. Good ergonomics means adjusting tools, tasks, and workstations to fit the worker, not the other way around.

COMMON **HAZARDS**



Long use of vibrating tools.



Improper heavy lifting.



Repetitive motions (hammering, digging).



Prolonged kneeling, bending, twisting.

PREVENTION **TIPS**



LIFT SMART:

- [1] Bend your knees, not your back.
- [2] Hold loads close.
- [3] Use help or lifting tools.



USE THE RIGHT TOOLS:

- [1] Pick ergonomic tools.
- [2] Avoid excess force or awkward grips.



CHANGE POSITIONS OFTEN:

- [1] Don't stay in one posture too long.
- [2] Stretch during the day.



PLAN TASKS SMARTLY:

- [1] Rotate duties.
- [2] Break up repetitive work.



USE SUPPORT AIDS:

- [1] Knee pads, straps, dollies, hoists.

? **QUESTIONS**

1. What is a common ergonomic hazard on construction sites ?
2. What is an example of an ergonomic tool or support aid ?
3. Name two common ergonomic hazards found on construction sites ?
4. What are musculoskeletal disorders (MSDs), and how can they affect your ability to work ?
5. Why is stretching important during the workday ?
6. If you feel pain or strain during a task, what should you do ?



REMINDER:

Your body is your most valuable tool. Work smart. Report discomfort early to prevent injury.

DATE:

SITE MANAGER / SUPERVISOR / PRESENTER NAME:

This form should be used by site supervisors, foremen, or managers during site toolbox talks, meetings, and training sessions.

All attendees should sign the register to confirm their attendance.



REGISTER

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