

Manual Slab Handling Safety

Refer to sign-in sheet for attendees (note: a separate meeting should be held with all absent employees).

1. Overview:

Manual lifting and moving of materials poses a risk of musculoskeletal injuries. These may include back, shoulder and hand/arm injuries. In the stone industry, the risk includes lifting and moving stone slabs in the shop or on the residential or commercial job site. You can avoid serious injury by following these precautions.

2. What can you do?

- Avoid manual lifting, pushing, pulling, rolling or sliding (where possible and practical). Use mechanical aids (slab dollies, suction lifts, scissor clamps with a hoist/crane, etc.) or request help from other coworkers when necessary.
- Know your physical condition and limitations on what you can manually lift or move. Ensure you lift only loads that you know you can safely handle. Consider the size, weight and shape of the slab.
- The proper lifting technique is:
 - Establish good footing. Keep the load close to your body. Bend at the knees as you grasp the slab. Get a full handgrip; keep your body erect and your spine and head in an upright (vertical) position.
 - Lift smoothly, straightening the legs (avoid jerky lifts). Reverse the procedure to set the slab down.
- Avoid twisting your body when lifting. When turning, shift the position of your feet rather than twisting your body at the waist.
- Steel toe safety shoes with metatarsal guard are recommended to protect the foot from dropped slabs. Never lift or carry a stone slab in the flat (horizontal) position. Always lift the slab on end in the vertical position. Lifting the slab flat can cause the slab to break, causing injury.
- When unloading slabs, never let a coworker support a slab alone.
- Never jump off a dock onto a truck containing slabs. This could cause the slabs to shift or tip over.
- Always stand at the end of the slab, never in the fall shadow of the slab. Wear gloves while moving slabs and ensure hands/fingers are not pinched between the slab and another surface.

Failure to follow these safety procedures properly or to pay attention to workplace hazards can result in serious injury to you and your coworkers.

3. Discussion:

- Discuss recent injuries that occurred while manually moving slabs.

4. RECAP/REVIEW:

- When should you consider asking for help before lifting or moving something?
- What are the proper lifting technique steps?

5. Reminder:

- Safety is the responsibility of both management and employees!

Next Safety Meeting is scheduled for _____ and the topic will be _____.

Take Exam / Review Results

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