



SAFETY TAILGATE MEETING

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| Company | EER, Inc. | Project | 10 D 7 | | |
| Date | January 31, 2023 | Time | 9:06 AM | Conductor | Rey Rosales |

CONCRETE SAFETY - ERGONOMICS

INTRODUCTION

Concrete work can really take a toll on a persons body, especially when doing the work for many years. Think about it: Concrete work entails pushing, pulling, bending, lifting, carrying, twisting, kneeling, and other awkward body positions.

Group Discussion:

- What work positions have you found to affect you when doing concrete work?

In this meeting, we will discuss

- (1) What is ergonomics?**
- (2) Five common ergonomic hazards**
- (3) Steps to help reduce the risk**

WHAT IS ERGONOMICS?

In simple terms, ergonomics is the way you use your body to work. It is about fitting the job or task to the worker to reduce risk of injury.

Musculoskeletal injuries and disorders can develop. These are injuries to the muscles, tendons, and nerves that are caused by too much physical stress causing tissue breakdown. Examples of these injuries are low back strain and tendonitis.

FIVE COMMON ERGONOMIC HAZARDS

There are five common ergonomic hazards that may occur in your work activities:

- (1) **Repetition** involves doing the same task repeatedly that uses the same muscles over and over.
- (2) **High force** involves using high muscle power during such activities such as heavy lifting, pushing items, or gripping tools.
- (3) **Awkward postures** involve working with your body help in a poor position for a long time.
- (4) **Contact stress** is when pressure from an object is pushed on the soft body tissues
- (5) **Hand and arm vibration** include vibration that enters the body from using power tools or equipment

Group Discussion: Which ones do we face doing concrete related work?

Examples are:

- Extended periods of kneeling
- Overreaching while finishing concrete
- Repetitive motion with hand tools
- Vibration when using hammers and tools of impact

STEPS TO HELP REDUCE THE RISK

Group Discussion: What have you found to be effective in dealing with the potential hazards just mentioned?

Here are some tips:

- Use knee pads when kneeling
- Avoid over reaching where possible and use extension tools
- Avoid bending your back over and avoid twisting by keeping good posture. Move your feet instead of twisting. Keep your feet pointed in the direction you are working!
- Use appropriate tools such as hammers that are designed to absorb shock and tools with handles that aid in maintaining a natural hand position.
- And stretch before you work!

GROUP IMAGE



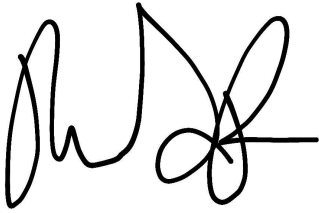
Attendees Names

reynaldo rosales

Attendees Signatures

N/A

CONDUCTOR SIGNATURE

A handwritten signature in black ink, appearing to be 'WJ' with a stylized flourish.A handwritten signature in black ink, appearing to be 'BZ' with a stylized flourish.