



TOOLBOX

SAFETY TRAINING

Company _____ Location _____ Date _____

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MATERIAL MOVING

FIGURE 1

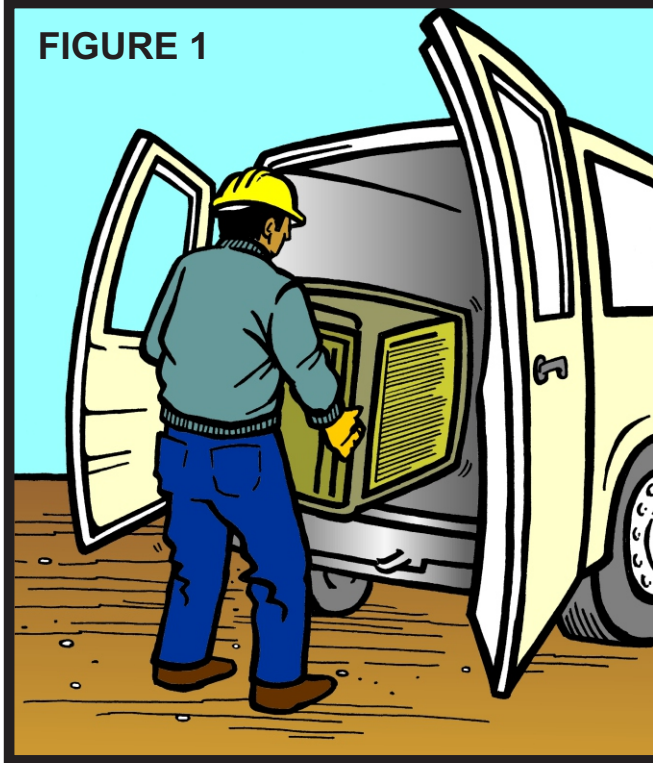
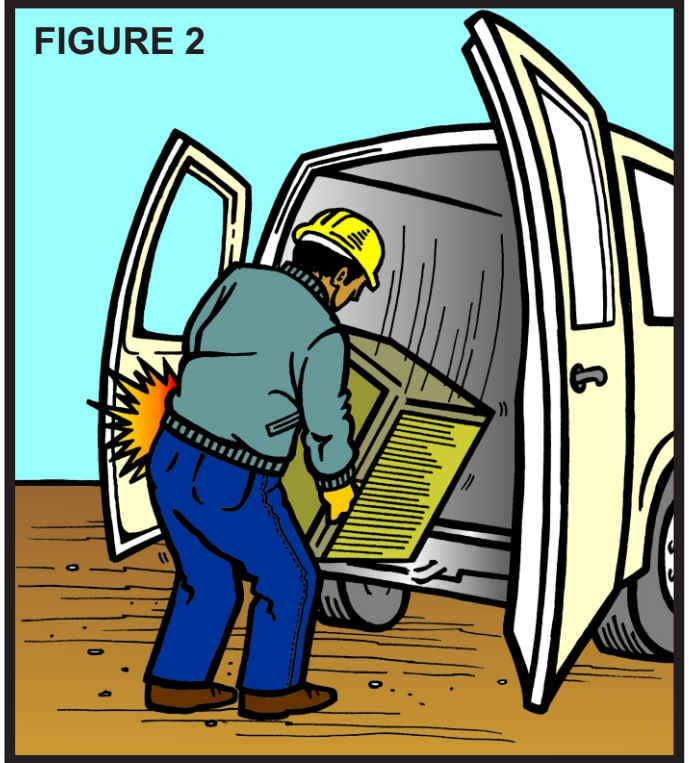


FIGURE 2



As a service technician, we often find ourselves working alone on a job site. No strict schedule, you don't have to work around other co-workers or trades, and in some cases, you don't even have to show up right at 7 am. But being alone without a co-worker presents a problem when a particular task may require you to lift heavy items and you have to get to the next job site.

This service technician was on a routine P.M. check and he had to replace a condensing unit. After the task was complete, he began to load up his tools and materials. The old unit was the last item to be loaded into the van. The van was not set up with a loading ramp so he had to load it by hand. As he loaded the unit at the rear of the van (figure 1), the pan at the bottom of the unit got hung up with the frame of the vehicle and the unit fell. The technician caught the unit to prevent it from falling (figure 2). He saved the unit but in the process, he injured his back.

The best solution is to supply trucks with a loading ramp and a truck dolly. You could also coordinate with your office to have a helper load heavy or oversized materials, and use team lifting (figure 3). And last, do not be embarrassed or shy to asked someone else on the job site for help. Don't mess with a possible back injury. Many workers don't ever recover from them.

FIGURE 3



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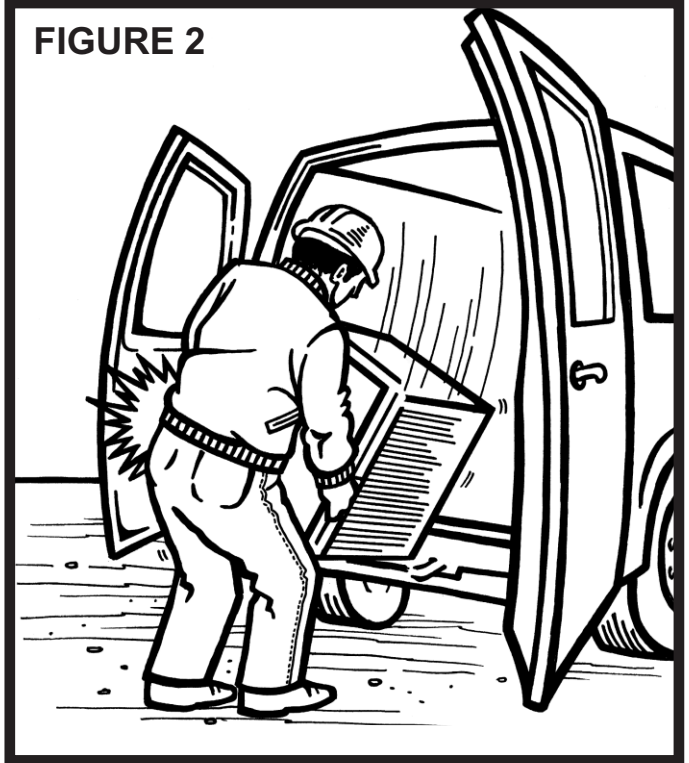
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FIGURE 1



FIGURE 2

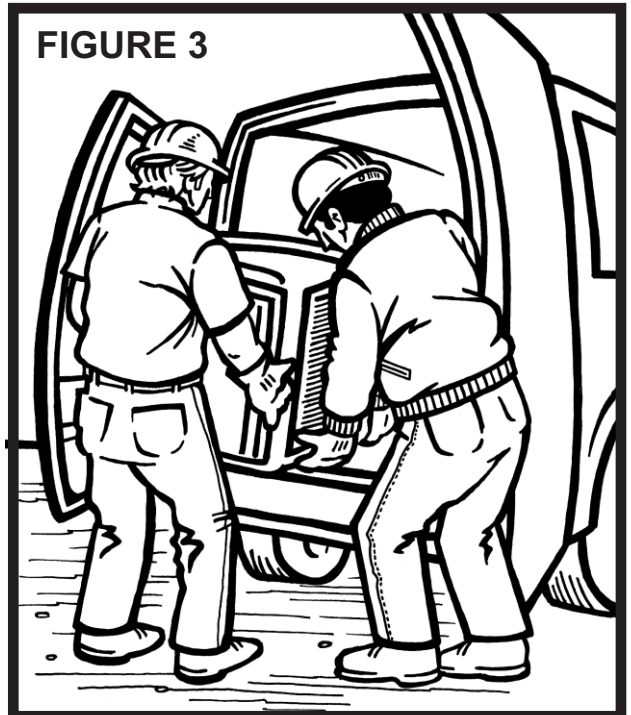


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