

Monthly Safety Training



START THE JOB PREPARED.

Dress for conditions, wear proper footwear, stay hydrated, stretch, know your tasks, and avoid end-of-day distractions.

LIFT & LOWER IN THE POWER ZONE.

Keep objects close, lift between mid-thigh and armpit height, avoid twisting, and use smooth movements to reduce strain.

MINIMIZE END-RANGE MOTION.

Improve body positioning, use equipment when needed, slide or roll heavy items, and know your limits. Never “get caught in the double play.”

PREVENT SLIPS & FALLS.

Walk, don't run, maintain firm footing, scan ahead, use designated paths, and use three points of contact on ladders and equipment.

PUSH & PULL SAFELY.

Align yourself with the load, keep arms slightly bent, prefer pushing over pulling, maintain secure footing, and move smoothly.



SAFE WORK METHODS

JUNE 2026

Safe Work Methods: The Power Zone
bit.ly/4tQ20Sx



SCAN THE CODE, LEARN MORE.

We have selected a video from our Safety Library for each monthly safety training topic. Scan or click the code to view it!