



Company \_\_\_\_\_ Job Name \_\_\_\_\_ Date \_\_\_\_\_

## Weekly Tool Box Talk: **LOOK BEFORE YOU LEAP**

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Some of the most common injuries in construction work are sprained ankles, broken legs and strains, sprains and abrasions caused by getting off equipment improperly.

All of us can recall serious injuries that have resulted from accidents of this nature.

When you are getting out of a truck or climbing off a piece of equipment it is easy to slip...this slip may result in a sprained ankle, a concussion because you struck your head when you fell, you could even die several days later.

Always keep safe practices in mind. It is often the little things that cause injuries.

We don't want serious injuries on any job and, just as surely, we hope to avoid all less serious injuries also. In order to prevent accidents and injuries resulting from these little things, always follow a safe procedure when getting down to the ground from equipment or other low heights.

**Don't jump when getting off equipment. Watch your footing. Use the handholds or knotted ropes.**

Safety Recommendations: \_\_\_\_\_

Job Specific Topics: \_\_\_\_\_

M.S.D.S. Reviewed: \_\_\_\_\_

Attended By: \_\_\_\_\_

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