

# TOOLBOX TALK — MANUAL HANDLING — YOUR BACK HAS NO SPARE

TOOLBOX TALK

Five to ten minutes at the workplace, spoken by the supervisor, recorded below — and two-way, or it is not a talk

KD-TBT-MH-004 Rev A0

WHY THIS TALK: Musculoskeletal injury is one of the biggest causes of lost working days in construction — not dramatic, just cumulative, and by the time a back "goes" the damage was years in the making.

## 1 THE SESSION

SITE / PROJECT

DELIVERED BY

DATE

TIME

## 2 THE POINTS TO MAKE — TICK AS COVERED, IN YOUR OWN WORDS

- ☐ The first question is never "how do I lift it" — it is "does this need lifting by hand at all?" Telehandler, pallet truck, stair-climber, two-man, or order it smaller
- ☐ Size it up before you touch it: weight, grip, route, where it lands — and clear the route first
- ☐ Feet apart, load close, lift with the legs, no twisting mid-lift — turn with your feet
- ☐ Know your limit and respect the awkward: light but bulky, sharp-edged, or above shoulder height all cut what is safe to carry
- ☐ Team lifts have one caller; mismatched heights and surprises hurt people
- ☐ Repetition counts: fifty easy lifts are a heavy day — rotate the task
- ☐ Twinges are information: report them before they become the injury that ends the trade

MADE SPECIFIC TO THIS SITE

## 3 ASK THE CREW — AND WRITE DOWN WHAT COMES BACK

- What is the heaviest or most awkward thing your gang moves this week, and what kit could move it instead?
- Where does the route for that carry pinch — stairs, thresholds, mud?
- Who has had a twinge lately and worked through it without saying?

WHAT THE CREW RAISED, AND WHAT HAPPENS ABOUT IT

## 4 WHO WAS THERE

NAME

COMPANY

SIGNATURE

RECORD COMPLETED BY

SIGNATURE

DATE

FILED WHERE

R REVISION HISTORY

Every revision of this document, and every review that found nothing to change. The revision on the front of this sheet is the one you are holding — check kubitdocs.com for the current one before use.

| Rev | Date       | Class       | What changed                                                                                                                                                            | Authorised by                                                                 |
|-----|------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| D0  | 2026-08-31 | first-issue | First issue.                                                                                                                                                            | — not yet approved —                                                          |
| D1  | 2026-08-31 | material    | Actions the internal H&S director review — statistics corrected to what a regulator could be handed.                                                                    | — not yet approved —                                                          |
| A0  | 2026-08-31 | review      | Approved for issue by the author. Content unchanged from the reviewed draft; the draft status strip is removed. No independent third-party review has been carried out. | Author — director, UK principal contractor, SMSTS. Not an independent review. |

Class: first-issue · material (the law, a control, a field or the scope changed — past buyers are notified) · editorial (wording or layout only) · review (checked, nothing changed) · withdrawal. Revision prefix D = draft, not approved and not for sale; A = approved for issue by the person named, on the date shown.