

# SHOVELLING AGGREGATE

## TOOL BOX TALK

### HAZARDS

#### Ergonomics:

- Forceful Exertions (pushing and lifting aggregate-filled shovel)
- Awkward Postures (twisting spine with aggregate-filled shovel, bending forward)
- Repetition (reaching, grasping, neck flexion, neck rotation)

#### Situational Awareness:

- Equipment and vehicles on site
- Load level of wheel barrow
- Personal Fatigue or discomfort

#### Tools or Equipment:

- Access to square shovel with scooped sides

#### Environment:

- Weather changes

#### LEADER TIP:

What could go wrong in this situation?  
How could conducting this task result in injury?  
What have you tried to address above hazards?

### SAFETY GUIDELINES:

- Aggregate throw should not exceed 4 ft. Optimal throw distance 3 ft.
- High rate of shovelling (15 scoops/min) should not exceed 10-15 lbs, for higher weights, lower rate of scoops to 6-8 scoops/min
- In extreme conditions (very, hot, very cold, very windy, 15 minutes of shovelling should be followed by 15 minutes of rest (low effort tasks)
- Use square blade shovel with scooped sides to contain aggregate (if digging use pointed tip)
- PPE- Steel toe boots, hard hat, ear protection, vest, gloves.
- Warm up and stretch, before, during and after task.



DO NOT BEND FORWARD WITH STRAIGHT LEGS.



Feet wide apart. Place one foot close to the shovel. Squat and load shifting weight to front foot.

**LEADER TIP:** Demonstrate safe shovelling technique. Have workers participate by practicing these 3 steps. Use prompts “Squat and load”, “Use leg muscles to lift and stand”, “Pivot feet and turn, don’t twist”.



Shift weight to back leg. Use legs to lift and stand up.



DO NOT PLANT FEET AND TWIST UPPER BODY.



Turn feet to face the target, pivot with back heel lifted to throw/dump.

# TOOL BOX TALK FORM

NAME OF TOOLBOX TALK: \_\_\_\_\_

DATE DELIVERED: \_\_\_\_\_

DELIVERED BY: \_\_\_\_\_ POSITION: \_\_\_\_\_

## Crew Attended:

Name	Position	Supervisor	Signature

Worker Concerns or Issues	Response	Follow-up Action

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_