



# MATHERS SAFETY SNAPSHOT

Each week the Mathers Safety Team meets to review on site incidents and track trends across the company in an effort to increase transparency and to develop proactive plans to mitigate reportable incidents.

## GOOD ERGONOMICS IN THE WORKPLACE

Construction is tough, physical work, and it takes a toll on your body. But much of the wear and tear can be avoided by following some basic ergonomics tips. These pointers won't only help prevent chronic pain, strains, repetitive motion injuries, and other problems, they'll also keep you more comfortable, focused, and productive through the day and for the long term.

- Lift with your legs, not your back.
- Work in a neutral position.
- Work at the right height.
- Limit the use of excessive force.
- Keep things within easy reach.
- Be wary of repetitive motions.
- Avoid holding the same position for extended periods.
- Minimize contact stress.
- Limit exposure to vibrations.
- Move around and stretch occasionally throughout the day.

[READ MORE HERE](#)

## 6 STEPS FOR LOCKOUT/TAGOUT MAINTENANCE

- 1** Prepare for Shutdown
- 2** Shutdown
- 3** Disconnect or Isolate
- 4** Apply lockout/tagout device
- 5** Release, restrain or render safe
- 6** Verify isolation and deenergization

## MATHERS TEAM EARNS SAFETY AWARD



This award is presented to companies that register a safety score 85 -95% in the Safety Assessment Program administered by Highwire.

We are proud to be recognized for our superior safety management program.

Mathers Construction Team