

# TAILGATE SAFETY

**SAFETY  
FIRST**

The FGI believes it is important to always put safety first.

Our **Tailgate Safety Program** is a safety training resource for

construction and other high hazard industries. Print out and conduct training right from your tailgate on the job site, or in a formal meeting at your office.

## Safety training for the job site & the office!

**Proper Lifting Technique - 7/1/2025 - Ron MacKenzie of Inland, Tarp & Liner**

### Poor Lifting Can Lead To:

- Back and muscle injuries
- Joint strain (knees, shoulders)
- Chronic pain
- Missed work
- Reduced productivity

**So, when in doubt, ask for help or use equipment!**

**Proper Lifting Technique** requires one to always **Lift Twice.**

1. Plan It Out - Check the weight
  - First with your eyes – size it up, plan your path
  - Then with your hands – test the weight before fully lifting.
2. Get in Position
  - Stand close to the object
  - Feet shoulder-width apart
  - One foot slightly ahead for balance
3. Use Your Legs, Not Your Back
  - Bend at your knees and hips, not your waist
  - Keep your back straight and core tight
4. Lift Smoothly
  - Use your leg muscles to rise up
  - Keep the load close to your body
  - Don't twist—turn with your feet
5. Set It Down Carefully
  - Use the same controlled motion
  - Bend knees, not back



**Safety tips are presented monthly by FGI members & industry experts**

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