



Staying in Shape

What this Toolbox Talk Covers:

- ✓ The “Dos” and “Don’ts” for staying in shape.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Know that being in good physical shape can help you perform your job duties with less exertion and can help prevent injuries.
 - Visit with your doctor before beginning any exercise program or making changes to your diet and lifestyle.
 - Implement an exercise program that includes both:
 - Resistance training (weight lifting) to help build muscle and bone strength, which decreases your chances for injury, and
 - Aerobic exercise, which increases the heart rate and is important for heart health.
 - Compliment your exercise program with a healthy diet.
 - Incorporate your exercise into your everyday activities if you struggle to find time for exercise. For example, do push-ups and sit-ups while watching TV, take the stairs instead of an elevator and park at the back of a parking lot to give yourself extra walking time.
 - Start slowly when beginning a new exercise routine. Build up the time and intensity gradually.

- Don’t**
- Smoke. Smokers are twice as likely to have a heart attack as they have increased blood pressure levels.
 - Continue exercising if you feel any of the following symptoms: light-headedness, dizziness, tightness in the chest, pain/discomfort or shortness of breath. These symptoms should be addressed with your doctor.
 - Neglect the mental aspects of your fitness. Take time each day to connect with your loved ones and to spend a few minutes in quiet reflection or in nature.
 - Forget to stretch before and after workouts. This can help protect your muscles from strains, soreness or other injuries.
 - Forget to fuel your body with plenty of water before and after workouts, along with a healthy diet.

Discussion questions:

1. Why ideas are given for how to incorporate exercise into your day-to-day life?
2. Besides exercise, what are two recommendations given for staying in shape?

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:	Date: _____	Jobsite/Facility: _____	
	Trainer: _____	Title: _____	
Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
_____	/	_____	/
_____	/	_____	/

(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1. (b), 2. (b), 3. (d), 4. (c), 5. (d)

Toolbox Talks safety information provided by Texas Mutual Insurance Company.



Employee Quiz

Topic: Staying in Shape

Employee Name: _____

Circle the correct answer below.

1. Resistance training is:
 - a. Not a good idea for someone in the construction industry.
 - b. An important part of an exercise routine that will help build bone and muscle strength
 - c. The only type of exercise you need
 - d. All of the above
2. Aerobic exercise is:
 - a. Preferable to resistance training for construction workers
 - b. An important part of an exercise routine that is good for heart health
 - c. An important part of an exercise routine that good for building muscle strength
 - d. All of the above
3. Before beginning a new exercise routine you should:
 - a. Ensure you are getting plenty of Vitamin A in your diet
 - b. Discuss your plans with your supervisor
 - c. Start at the highest intensity
 - d. Discuss your plans with your doctor
4. Smokers are _____ likely to have a heart attack.
 - a. Less
 - b. Somewhat less
 - c. Twice as
 - d. Three times as
5. Which of the following is an indication that you should stop exercising and visit your doctor:
 - a. Light-headedness
 - b. Dizziness
 - c. Tightness in the chest
 - d. All of the above

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____