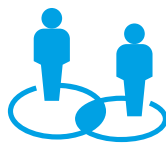
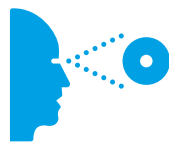


TOOLBOX TALK

SPATIAL AWARENESS

Spatial awareness means to have an organised awareness of the objects in the space around us and an awareness of our body's position in that space.



HERE ARE 6 TIPS TO HELP WITH SPATIAL AWARENESS

1

Get into the habit of practicing general housekeeping by regularly scanning your work environment and removing any rubbish & unnecessary items

2

Don't place items on the edge of benches or tables as they are likely to fall

3

Don't place your hands where you can't see

4

Avoid shortcuts, such as stepping on or over items such as a pallet or box

5

Don't use electronic devices likely to cause a distraction. For example, mobile phones and earphones

6

If you are using a mechanical aid such as a trolley or pallet jack, keep clear of other workers