

Jobsite: \_\_\_\_\_  
Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_  
G.C. \_\_\_\_\_

**SMOHIT Body Maintenance**  
Toolbox Talks for the Sheet Metal Industry

### The Costs of Poor Health

- Living a healthy lifestyle benefits the employer by keeping the workforce safe and the costs associated with injuries and illness down.
  - Construction companies spend \$170 billion/year on costs associated with injuries/illness.
- For an employer, a healthy workforce will result in less worker compensation claims, lower OSHA injury/illness rates, lower insurance premiums, and less employee turnover; in addition to an increase in project productivity.
  - An increase in project productivity will result in satisfied customers and future work contracts.
- It is important to remember that when workers are sick and have to miss work, the company is losing resources and WASTE is occurring.
  - Time spent away from work by experienced workers for any amount of time = waste.
  - Training for new, inexperienced replacements = waste.
  - Higher workers' compensation claims and insurance rates = waste.
- Living a healthy lifestyle benefits the employees by keeping them healthy, alert and safe, and working.
- Keeping yourself healthy can go a long way in ensuring your salary, your quality of life, future work opportunities, and potential advancements in job positions.
- Between 1998 and 2008 medical claims among construction workers ages 24 to 54 rose about 5%. Medical claims among those 55 and older increased by nearly 50%.

**Notes:**

### Instructor Tips

- **Remind workers that poor health can be costly to both themselves and their employers.**
- **Ask workers to share any experiences they may have had, or heard of, where poor health cost them or their employers.**
- **Remind workers that living a healthy lifestyle will ensure that their bodies and minds are functioning correctly. This will keep them alert, safe, and more likely to be injury free.**

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