

## TOOLBOX TALK, February 9th, 2026

### Training

There are no union trainings posted for Portland, while in Tangent there is a First Aid CPR on the 20th.

Check your records at [fsstools.com](http://fsstools.com) under the *Training Records* tab to see what you need.

When they're available, sign up for classes, at the union training site or check schedules at [fsstools.com](http://fsstools.com).

### Top 10 OSHA Construction Hazards (2025)

Today we're going to talk about the most common hazards that cause injuries in construction. Take a minute to think about your own job and whether any of these apply to the work you do every day. If they do, ask yourself what you can change to keep yourself and your coworkers safe.

1. **Fall Protection** – Working near unprotected edges or at heights without proper protection.
2. **Hazard Communication** – Missing or unclear labels or not being trained on hazardous materials.
3. **Ladders** – Using the wrong ladder, setting it up incorrectly, or using damaged ladders.
4. **Lockout/Tagout** – Equipment that isn't properly shut down, leading to uncontrolled energy.
5. **Respiratory Protection** – Not using the right mask or not being fit-tested for dust or fumes.
6. **Fall Protection Training** – Not understanding fall hazards or failing to plan before starting work.
7. **Scaffolding** – Missing guardrails, overloading, or improper setup.
8. **Powered Industrial Trucks** – Forklift accidents caused by poor training, blind spots, or distractions.
9. **Eye and Face Protection** – Not wearing proper protection, especially during overhead work.
10. **Machine Guarding** – Missing or removed guards and handles on equipment.

These hazards may sound familiar because we see them on job sites every day. If it's on this list, it's because someone was injured. Our goal is to make sure that person isn't us or anyone on our crew. Staying alert, using the right equipment, and speaking up when something isn't safe can prevent injuries before they happen.

### Innovations and Safety Wins

Last week, Jay Mehl developed a new tool to make installing top track easier—he calls it the **Track Jack**. The Track Jack is an adjustable pole, like a Zip Pole, designed to fit between the surface of the lift and the deck overhead. It holds the top track securely in place while you line it up and shoot the pins to make it permanent.

The tool features a foot jack and a quick-release mechanism, making the process fast and simple. Jay's innovation reduces strain on the back and allows top track to be installed more efficiently—without needing a second person on the lift.

Thanks to this great idea, Jay earned an Innovation Award—and yours could be next!

We love hearing about innovative ideas and safety wins. If you've come up with an innovation that saves time or improves safety, or if you've experienced a safety win in the field, we want to hear about it. Share your ideas by submitting them at [www.fsstools.com/suggestionbox](http://www.fsstools.com/suggestionbox).

[Toolbox Talk Submission](#)