

TOOLBOX TALK, November 10th, 2025

Upcoming Training Opportunities

- **Carpenter’s Portland** - MEWP Nov. 22nd - Forklift Nov. 22nd
- **Carpenter's Tangent** - MEWP Nov. 15th
- **Taper's Unions** - Nothing Scheduled

Check your training records at fsstools.com under the *Training Records* tab to see what you need.
To sign up for classes, visit swmsctf.org or check schedules at fsstools.com.

Staying Focused

No safety program, strategy, or device can match the effectiveness of a safety-minded employee. Our work is planned around a series of tasks, each with its own potential hazards. When we allow distractions to interrupt our focus, we risk overlooking those hazards and increasing the chance of injury.

Common Avoidable Distractions:

1. Using cell phones while working
2. Poor housekeeping
3. Interrupting coworkers during critical tasks
4. Bringing unresolved personal issues to the job site

It may seem counterintuitive, but taking brief breaks throughout the day can improve focus and reduce the risk of accidents. Experts recommend “micro-breaks” — short moments to stretch and clear your mind. These aren’t long breaks, just quick pauses that refresh your concentration and help prevent fatigue. As the holidays approach we often have extra distractions. Make a conscious effort to come to work with a clear head and focused mindset. Staying alert ensures we all return home safely at the end of each day.

Suicide Prevention

As days grow shorter and we spend more time in darkness, some individuals may experience feelings of hopelessness or despair. By learning to recognize the warning signs of suicide, we can play a vital role in helping to save a life.

Warning Signs of Suicide

Talking About:

Wanting to die
Great guilt or shame
Being a burden to others

Feeling:

Empty, hopeless, trapped
Extremely sad, anxious, enraged
Unbearable emotional pain
Unexplained physical pain

Changed behavior:

Withdrawing from friends
Saying goodbye
Giving away important items
Taking dangerous risks
Extreme mood swings
Using drugs or alcohol more often

If any of these warning signs apply to you or someone you know, **seek help right away**, especially if the behavior is new or worsening. If you notice these signs in a coworker or friend, don’t be afraid to ask directly if they're having thoughts of suicide. Remember these three key steps: **Question, Persuade, Refer**. These simple actions can save a life. Ask the question. Persuade them to get help. Refer them to the help they need. If you or someone you know needs immediate help, call or text the **Suicide and Crisis Lifeline at 988**. Take care of yourself — and look out for those around you.