

TOOLBOX TALK, March 9th, 2026

Training

Carpenters Union Portland: March 14th - Red Cross First Aid/CPR/AED

Carpenters Union Portland: March 21st - Construction Fall Protection - Forklift/Rough Terrain

Carpenters Union Tangent: March 20th - Forklift/Rough Terrain

Check schedules at fsstools.com.

Incident Response

Last week we experienced an emergency that required a quick and thoughtful response.

Thankfully, the situation was handled exactly the way it should be. One of our crew members began showing signs of a heart attack, and the coworker beside him recognized the symptoms and took life-saving action.

Ask yourself: would you be prepared to do the same? If you're unsure, the following guidelines can help you respond effectively in an emergency.

In a Critical Situation

- Call **911** immediately.
- Alert a nearby worker and have them notify your **foreman**.
- Assign someone to guide **paramedics** to the injured person.
- Offer **First Aid**. If the person says "yes," begin First Aid. If they are unable to respond, begin First Aid immediately.
- Continue providing First Aid and remain with the injured person until help arrives.
- Report the incident to your **foreman**, providing as much detail as possible.
- Report the incident to **FSS Safety**.

Non-Life-Threatening Injury Requiring Medical Attention

- Offer **First Aid**. If the person agrees, begin First Aid.
- Notify your **foreman**.
- Report the incident to **FSS Safety**.
- Your **foreman or FSS Safety** will arrange transportation to a medical facility if necessary.

On-Site First Aid

- Contact your **foreman** and provide First Aid as needed.
- Report the incident to **FSS Safety**.

Near Miss

- Report the incident to your **foreman** and **FSS Safety**.
- Provide as much detail as possible.

Remember the 20–20–20 Rule - Every 20 minutes - Take 20 seconds - To look 20 feet around

- Focus on your personal safety bubble.

STOP • LOOK • ACT

Innovations and Safety Wins

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.

[Toolbox Talk Submission](#)

