

TOOLBOX TALK for Safety Week, May 13th, 2024.

All-Hands Meeting Wrap-up

It was great to have everyone there last Thursday. We hope you learned some things you'll be able to use.

Here are some highlights from the Drift presentation:

- We need to understand that what we allow is what will continue.
- Where and when does “**Drift**” occur?
 - What will we see when we're looking for drift?
 - Look at the Error Traps listed below.
 - Who is responsible? Apprentices - Experienced workers - Doesn't matter. Anyone can drift.
- **Error Traps** are unfavorable factors that increase the likelihood of human error.
 - Non-Standard equipment
 - Conflicting instructions
 - High Workloads
 - Inaccurately calibrated warning systems
 - Unfamiliar tasks
 - Rushing the work
 - Physical discomfort – Heat/Cold
 - Stress, fatigue, distraction.
 - Greif, depression, anxiety

Highlights from the Work Right NW presentation on the **Lifestyle Changes Program**:

- How lifestyle changes can make a difference over time
 - Tissue Factors
 - Health Factors
 - Social Factors
 - Sleep Factors
 - Psychological Factors
- Four stages of Habits
 - Make it Obvious.
 - Make it Attractive.
 - Make it Easy.
 - Make it Satisfying.

We'll be rolling out a New **Lifestyle Changes Program** soon.

Hot Weather

This summer may be hotter than last year so it's important to learn ways to reduce heat stress during the long days ahead.

Oregon OSHA's standard, outlines steps we must take as temperatures rise. Under this rule we're required to do a few things to reduce our exposure to harmful heat.

First, the length of mandatory breaks when temperatures climb is specified in the chart below.

Heat index (°F)	Rest break durations and intervals
90 or greater	10 minutes every two hours
95 or greater	20 minutes every hour
100 or greater	30 minutes every hour
105 or greater	40 minutes every hour

