

# TOOLBOX TALK for Safety Week, July 8<sup>th</sup>, 2024.

## Assured Grounding

On July 1<sup>st</sup> our assured grounding color turned to RED. Please inspect and re-label your cords and electrical equipment to assure we are up to date.

## It's Hot

Temperatures this week may climb beyond the 90s which triggers some precautions.

Make sure you're drinking enough water. Between 24 and 32 ounces per hour is recommended.

When temperatures get above 80 degrees, it's time to take some shade. Shade breaks of about 5 minutes are recommended, and they're a great time to drink some water.

Check yourself and your coworkers regularly and make sure you're staying cool as temperatures rise.

## Returning From a Long Weekend

There may be tons of reasons why coming back from a long weekend is hard. Mondays after long weekends and holidays tend to have higher incident rates, and though the data is not exactly clear why, we might guess that lack of focus plays into it.

- Low energy
- Low morale
- Stepping back into patterns that have been disrupted.
- A sense that we've got to make up for lost time.

If we can bring some good energy and enthusiasm with us, we'll see how that changes the day, not only for us but, for the entire job site. Coming back ready after a long weekend will put us on the right track and provide a positive influence for our crew.

Right now, check a few items to prevent injuries on our first day back:

- Make sure we're mentally fit for work before you start your shift
- Focus on the work and the task at hand
- Complete work area, tool and equipment inspections
- Do a great Pre-Task Plan
- Make sure all equipment safeguards are in place
- Check in with our co-workers
- Be prepared to stop work if we recognize hazards that need to be addressed

The first day back to work may be challenging, but if our heads in the game, it's easier to avoid injury.

## Summer Picnic

August 24<sup>th</sup> is the day for the Fred Shearer Summer Picnic at Oaks Park, from 11am to 5pm. Be ready to tell us if you're coming and how many we should expect. Oaks Park has ride bracelets for folks **taller than 48"** and folks **shorter than 48"** so, you'll have to specify how many of each you'll need. It's important to be clear because if you measure 48" or taller, and are wearing an under 48" bracelet, you'll be turned away from the ride. So, when you're asked how many will be coming to the picnic and how many 48" or taller or 48" or shorter bracelets you'll need, be ready to let us know.

