

TOOLBOX TALK for Safety Week, July 15th, 2024.

Good News

We've had no incidents reported in the last month. We're doing great so let's keep it up.

Safety Committee

Safety Committee meets on the second Tuesday of every month to review incidents and to help improve policies and procedures. If you're interested in being on the Safety Committee, please let your foreman know.

Distractions at Work:

No safety program, strategy, or device was ever invented that equals the effectiveness of being safety minded. We plan our work based on what we need to accomplish, and within our planned activities there are hazards we identify and plan to mitigate. Distractions can cause us to lose focus and forget the hazards we identified while we planned our work, so avoiding distractions is important.

Avoidable Distractions may include:

1. Listening to loud music
2. Checking our phones too often
3. Leaving our work areas cluttered
4. Paying too much attention to what someone else is doing
5. Bringing unresolved issues from home

Although it may seem counter-intuitive, more breaks may increase productivity while lowering the risk of injuries due to distractions.

Experts advocate "micro-breaks," to help us step away from our work to refocus. Not 15-minute breaks, but micro-breaks to stand up, stretch and clear our heads.

Micro-breaks can be taken as needed – when we feel a headache coming on or when our backs need stretching – and can be incorporated regularly into our workday.

Coming to work with a clear head and a ready mind, can make a big difference and micro-breaks to reset can make us more productive and ultimately safer.

What distracts you from work?

How do you avoid distractions?

Summer Picnic

Katie will be reaching out this week about the company picnic on August 24th at Oaks Park. Be ready to tell her if you're coming and how many people we should expect. Oaks Park ride bracelets are for folks **taller than 48"** and folks **shorter than 48"**. It's important to be clear about how many of each you need, because if you measure 48" or taller, and are wearing an under 48" bracelet, you'll be turned away from the ride. So, when Katie asks 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 her know.

