

## **Toolbox Safety Talks**

## **Staying Alert on the Job**

- 1) What are the hazards involved when you are not alert while on the job?
  - a. Falling asleep
  - b. Daydreaming
    - Injuries
    - Death
- **2)** What hazards should be recognized?
  - a. Tiredness
  - b. Drowsiness
  - c. Unengaged
- **3)** What safe practices should be used?
  - a. Working with someone helps keep you engaged & aware
  - b. Talking, getting fresh air, and changing your pace helps keep your edge
  - c. Avoid sugary drinks and food. Snack on vegetables, fruit, energy bars, or protein such as beef jerky
  - d. Get up, stretch, and move around to freshen your mind and move your muscles
  - e. If permitted and deemed safe, wear tinted safety glasses
  - f. Get eight hours of sleep each night during the work week
- 4) When and where on our site does the sun shine directly into drivers' eyes?
- **5)** Are there any ideas for avoiding this?
- **6)** Does anyone have any ways that they use to refocus that they would like to share?
- **7)** Does anyone currently have any drinks or snacks in their lunch bag that are a good source of protein?
- **8)** Who likes working with someone else, and who does not? Why?
- **9)** How many hours of sleep are you getting each night?



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## **Toolbox Safety Talks**

## **Staying Alert on the Job**

Make Time for Safety, Everyday! – Yes, production is important, but the focus must be on Safe Production! Keep that in the back of your mind. Don't take risky chances and stay out of harm's way. Nobody goes to work thinking 'I'm going to get hurt or killed on the job today!' But every day 15,000-17,000 workers suffer disabling injuries on the job and another 11-17 are killed. What are you doing to make sure it doesn't happen on your shift?

Keep stoking the fire; we can't let the 'Safety Train' run out of steam!

| Date Presented:  | Presented By: |  |
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| Attendance Sheet |               |  |
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