



# Toolbox Safety Talks

## Anxiety in the Workplace

- 1) What are the hazards involved with anxiety in the workplace?
  - a. Anxiety can affect your safety and the safety of your coworkers
- 2) How to recognize stress
  - a. Excessive drinking or smoking
  - b. Being sick more often
  - c. Mood swings, including impatience, irritability, and feeling sorrowful, especially if the changes are erratic
  - d. Poor quality of sleep
  - e. Loss of enthusiasm for anything, including things which you once had a vested interest in and enjoyed
  - f. Being unable to concentrate and having problems with your memory
  - g. A loss of sex drive or interest in intimacy
- 3) How do we combat anxiety?
  - a. Write down everything you have to do when you're feeling overwhelmed. Set a time frame, then block out when you will accomplish what
  - b. Concentrate on one task at a time. Stressing about work you haven't done yet only detracts from accomplishing the task at hand
  - c. Manage your energies wisely - prioritize your workload and put in less effort for low-priority jobs; avoid expending energy on unimportant tasks
  - d. Delegate responsibility and get outside help if you feel overwhelmed
  - e. Reward yourself for accomplishing things
  - f. Take small breaks during work, close your eyes and strip your mind of work-related thoughts
  - g. Exercise regularly to maintain your health and release stress, or take up a hobby
  - h. Ask yourself, "Is the situation at hand really that serious that I should become stressed-out about it?"
- 4) Has anyone here ever recognized that they were stressed? Why? What did you do?
- 5) Why are employees at our worksite stressed?
- 6) Is there a way to eliminate stress at our workplace?
- 7) Has anyone ever been in an accident due to being stressed out?



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**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:** \_\_\_\_\_

### Attendance Sheet
