



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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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
