



# Insightful Safety

News, Views, Tips and Techniques  
November 2020

## Grateful and Reflective

In a few days it will be Thanksgiving. It is perhaps my favorite of holidays even when I'm not surrounded by family or friends which is certainly the case this year for lots of reasons. It's my favorite because it reminds me to be thankful, grateful and to take stock of where I am and where I am headed.

Despite setbacks, heartbreaks, disappointments and all the other things that comprise a year's worth of living, I also know I am very, very lucky. I am more fortunate than what I think I deserve. It humbles me to reflect on it all. In this last year of being separated from people I care about and things I enjoy doing, I was still able to engage in adventure, learning and sharing, dealing successfully with health challenges, getting rid of some bad habits, loving and being loved, working on projects that were fulfilling and laying groundwork for exciting things to come.

Thank you all for being a part of the things I love doing. This coming year is already shaping up nicely.

Today's newsletter is just sharing of some things that I feel deeply about as well as some news that may be of interest.

If I don't have the chance to express this in person or over the phone, Happy Thanksgiving, Merry Christmas and Happy New Year to you all. Sending tons of love and truly hoping to see you all in 2021.



*Universal Gratitude Symbol*



## The Little Things

Maybe it's my age or the time in my life. Maybe it's a reevaluation of what truly matters in life during this unprecedented time in our collective lives. Maybe it's because I know I am privileged with a comfortable life with few wants. Maybe it is all those things and more that has led me or reminded me of some simple truths.

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Little things matter. Small moments create an entire lifetime. Slowing down to appreciate it all increases their value. Qualifying how you measure success may be the most important aspect of work/life satisfaction we can undertake.

Consider these things at the end of a day, good or bad:

- Have I thanked enough people today for their kindness, thoughtfulness, or help?
- Did I keep track of the good things that happen during the day and then express or feel gratitude for those things?
- Did I slow down long enough to appreciate the moment, day, or week?
- Did I stop once today and notice an aroma, a leaf's color, the sound of laughter, or other sensory experience that could easily be ignored?
- Do I guide others to find truth or coerce my truth?
- Do I strive to accumulate things or experiences?
- Have I helped others or just helped myself?
- Did I do anything to leave a place a bit better than when I arrived?

It is difficult at times to see positive things during a time of strife, challenges, and tensions. Circumstances appear to be overwhelming and unless they are dealt with carefully, can indeed become too much to bear.

But by taking the time to notice the small things and be grateful for them, we can begin to recognize connections to the larger whole. We may notice pathways and solutions that were invisible to us because everything looked too massive to take in.

While such practices are useful in difficult times, it is important to pay notice to small things when everything is going along just fine. You then realize that the pleasant scent of the air after a rain, autumn leaf colors and children laughing in the distant are the same regardless of our personal circumstances, attitude, sadness, or happiness. These things become touchstones. These things become the foundation of gratitude.

## **Training and Workshops in the Age of Covid**



Where there is a will, there is a way. When it is safe, one must proceed. When it's important, it shall be done.

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Buzzi Unicem's Signal Mountain cement plant in Chattanooga, TN is a favorite of mine. In addition to being a great client, the workers, management and physical plant are just great to be around and work with.

Earlier this year, before the effects of the worldwide pandemic struck, I received an inquiry about conducting a workshop for supervisors, forepersons, and upper management on how to interact with MSHA and other agency representatives.

There was a strong need to train their managers how to read and understand the Mine Act and 30 CFR, but to also follow important inspection protocols. These protocols not only create a supportive and engaging environment during an inspection, but also help to avoid pitfalls that could lead to higher fines and work stoppages.

Some of the management team had attended training classes put on by MSHA about their responsibilities, but they needed more direct and helpful guidance to know what to say, what NOT to say and how to maintain a cooperative relationship during the entire process.

As a result, it was my pleasure to present, "**AI: Agency Interactions**" workshop for the team at Signal Mountain just a few weeks ago.

One of the more popular aspects of the workshop was how to read, understand, dissect, and perhaps reduce the negative impacts of a citation.



But presenting the workshop in the age of Covid 19 presented some challenges. With careful planning we were able to get the entire management team (along with some hourly leaders) through the course.

The room was maintained in a sanitary condition, safe distancing and other safe procedures were followed.

The positive feedback and interaction during the course was heartening and showed that it was worth the extra effort to make it happen sooner than later. We proved that it could be done safely, and that learning and skill building must continue.

The participants appreciated the information and techniques they can employ NOW to make their jobs easier when dealing with MSHA.



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This workshop is available to other companies interested in dealing effectively with MSHA during and after inspections. What's more, the material is easily customized for your particular needs if necessary. Reach out to me to discuss how to present "**AI: Agency Interactions**" at your site for your people.

## Final Thoughts

Remember that you make a difference in the lives of many people. Your influence over them is immeasurable and you likely don't recognize it. In fact, your influence can be felt and observed with complete strangers.

If you doubt this, just smile at someone as you pass them on the sidewalk. Thank a clerk, sincerely thank them for getting you in and out of the market in a timely manner. Slow down for a merging car to let the other motorist in. Display and practice patience for others. Expect nothing and be grateful for all that comes your way. Others will feel what you've done and observe it with the hope that they actually may pass those things onto other.

And in the words of Bill and Ted,



"Insightful Safety" is a periodic newsletter from **Insight Services and Presentations**. The news has been gathered from various public sources and shared with you to keep you abreast of information, trends and ideas that may help you create a safer workplace, safer workers, and a safer home. The views are often my own as are the tips and techniques...though I borrow heavily from friends, colleagues, and experts. Any safety guidance provided is based on common safety sense. If you have any questions or concerns about this, reach out to me or talk to your company's safety professional. Also, none of this is copyrighted, share as you like.



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