



SAFETY | ENVIRONMENTAL | QUALITY

## January 6, 2025 Safety Toolbox Talk – Returning to Work

Happy New Year! Many contractors, clients, and associates are returning to work from the holiday season. This provides a great opportunity to focus on the basics. Below are a few tips that may be beneficial to discuss with your team, clients, and contractors you support.

### Mental and physical preparedness:

- Bring positive energy.
- Ensure you are fit for work (recommend Stretch & Flex).
- Take time to ensure all necessary safeguards are in place and working properly.
- Look out for your fellow associates.

### Check the weather:

- If road conditions are not clear of snow or ice, select a different route or avoid driving if possible.
- When driving, slow down and increase the following distance to allow time to stop safely.
- It is recommended to have water, small food items, and an emergency blanket available in your vehicle.
- If you drive, leave earlier than normal to allow yourself more time to arrive safely.
- Clear snow and ice from walkways, sidewalks, and steps. If a third party is responsible at your workplace for this, contact them if an area is unsafe and mark the area with a warning sign if available.

### Walking at home, the office, or the jobsite:

- Use the handrail when ascending or descending stairs.
- Avoid distractions such as looking at your phone.
- Maintain good housekeeping to eliminate potential slip, trip, or fall incidents.

## Before operating a vehicle or piece of equipment:

- Inspect the vehicle or equipment.
  - Ensure all lights and safety features are working properly.
  - If winter conditions exist, take time to clear the windows & lights so that you can see and be seen.
  - Check all fluids.
  - Clear all steps of snow, ice or mud and use three points of contact when entering or exiting the equipment/vehicle.

## Inspect PPE:

- Inspect eye protection for damage or scratches and replace as needed.
- Inspect the hi-vis vest for proper fit, the fastener works (zipper or loop & hook), and is clean of dirt, stains, etc. Replace or wash as needed.
- Inspect head protection (adjustment ratchet moves freely, harness is free of tears, outer shell is free of cracks). Replace as needed.
- Inspect footwear for rips or tears & tread life is good to help with traction.
- Inspect hand protection of any cuts, tears or rips in the material and replace as needed.

This is not an exclusive list and is not intended to replace any policy or procedure. Please contact your immediate supervisor for any questions or clarification.

Stay healthy & safe,

Abe Sabedra, CSP, ASP, CHST, CUSP  
Manager, Safety & Fleet



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