

While summer isn't over quite yet, for many kids those lazy, hazy, crazy days are coming to an end as they start returning to school for another year of education. Classroom supplies and new outfits have been bought, before-and-after school care has been arranged, team sports and uniforms paid for, bedtimes reinstituted. Heck, everything is ready to go, right?

Well before you and your significant other start celebrating by sending the little ones back to school, it's a good idea to talk about safety as a family. Talking to your kids, grandkids, little brothers or sisters or even your nieces and nephews about safety is important. In addition to providing what could be life-saving information, it helps them stay away from specific dangers, these discussions let your loved-ones know that their safety is important to you, which in turn will help them become more aware of potentially dangerous situations and conditions – giving them a better chance of avoiding such dangers altogether.

Some safety issues to talk about as a family include:

- **LOOKING OUT FOR CHILDREN** walking to their bus stop or riding their bikes to school. These children are usually very comfortable with their surroundings which makes them more likely to take risks, ignore hazards or fail to look both ways before crossing a street.
- **LOOK OUT FOR SCHOOL BUSES** that are slowing down or stopped to load and unload children. No matter how much of a rush you're in, **NEVER** attempt to pass a stopped school bus or honk at the driver.
- **SLOW DOWN IN SCHOOL ZONES** when a warning flasher or flashers are blinking, provide the right-of-way to pedestrians crossing the street.
- **FOLLOW THE LAW** and drive the speed limits in school zones.
- **EDUCATE YOUR CHILDREN** about pedestrian, roadway and traffic safety. Teach your children how to read road signs, how to safely cross the street (**STOP, LOOK, LISTEN** and **THINK**) and remind your children or loved ones how to safely await and approach the school bus.

### ***Remember This!***

Whether 'back to school' or 'back to work,' it's up to each of us to practice safety. Watch out for that child and watch out for yourself. If we all use just a little extra caution, we can significantly reduce 'back to school' accidents and keep ourselves from becoming an end of summer statistic.





# Tool Box Talk/Safety Meeting Sign In Sheet

Email to [chris@hudsonbayins.com](mailto:chris@hudsonbayins.com) or [safety@hudsonbayins.com](mailto:safety@hudsonbayins.com) or text to (206) 730-6273

Topic: \_\_\_\_\_ Date: \_\_\_\_\_

Discussion Leader: \_\_\_\_\_ Job Name: \_\_\_\_\_

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Employee Comments, Concerns, Suggestions or Recommendations to improve workplace safety & health:

*Please submit this document immediately upon completion of the meeting to the safety department and retain the original copy of this document in the Safety & Risk Management Plan.*

When dealing with mental health challenges, it can feel like you are alone – but while everyone's personal challenges are different, you are far from alone.

It's so important to understand that personally, people are there for us, and professionals are available to provide treatment and support. We need each other, especially when dealing with the stress of everyday life after a global pandemic.

Taking care of not only our physical but our mental health is vital. It is reported that approximately 20% of adults in the U.S. will experience mental illness each year, therefore we want to share some of the ways you can take care of yourself today and always.

**Take care of your body.** Start with the basics, eat nourishing well-balanced meals, get at least 30-minutes of physical activity each day; get 7-8 hours of sleep each night. Take a moment to breathe slowly and deeply.

**Take care of your mental health.** If you are being treated for a mental health diagnosis, make sure that you continue to take your medication as prescribed. Does your therapist or mental health care provider offer telehealth appointments?

**Do something fun.** Make sure to take time every day to do something you find fun or creative. Take a walk in the sunshine, enjoy nature, play a game, or work on a favorite hobby. Some days, this may not be possible, but try to carve out a few minutes to relax and clear your mind.

**Connect with others.** Talk with people you trust about how you are feeling. Stay virtually connected with friends, family, and neighbors when you can't see them in person. Keep in touch with people who care for you and who you know you can contact for support if your mental health declines.

**Don't try to do everything today.** If you are feeling overwhelmed, decide what must get done today and what can wait. Your schedule may change, and your priorities may shift and that is okay. Be sure to recognize what you have accomplished at the end of the day; small successes lead to large successes.

### ***Remember This!***

**You Are NOT Alone!** It's essential to prioritize our mental health and stay connected with friends, family, and peers. No one should feel alone in their mental health journey or without the resources and support they need. If you need help or know someone who does, please don't hesitate to contact a healthcare professional today.





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You might drink to socialize, celebrate, or relax. While enjoying an occasional alcoholic beverage may not harm your health, drinking in excess can have negative effects on your body and well-being. Alcohol is the most frequently misused substance in the United States and according to the National Survey on Drug Use and Health nearly 15 million Americans have been diagnosed with an alcohol use disorder (AUD).

**How Much is Too Much?** - There is no specific amount of alcohol or frequency of drinking that determines the nature of AUD. That's unique to everyone. If you choose to drink, drinking in moderation is key.

The National Institute on Alcohol Abuse and Alcoholism defines several types of drinking:

- **Moderate Drinking:** 1 or less drink per day for women and 2 or less for men.
- **Binge Drinking:** The most common form of excessive drinking. When excessive amounts of alcohol are consumed in a short period of time. For women, 4 or more drinks during a single occasion and for men, 5 or more drinks during a single occasion.
- **Heavy Drinking:** When an individual consumes more than the daily or weekly guideline amounts. For women, 8 or more drinks per week. For men, 15 or more drinks per week.

**Effects of Alcohol** - Whether you consider yourself a social drinker or have a diagnosed AUD, drinking too much can lead to problems in your relationships, job performance, and your health.

- Increased symptoms of depression and anxiety.
- High blood pressure, heart disease, and increased risk of stroke.
- Disrupted sleep patterns.
- Weakening of your immune system.
- Social problems including lost productivity and family problems.
- Trouble concentrating and memory loss.

**Are you Abusing Alcohol?** - If you notice that your alcohol use is negatively impacting your life, here are some questions to ask yourself:

- Do you use alcohol to escape problems when you are upset?
- Is it hard for you to stop drinking after you have one or two drinks?
- Have you tried, and failed, to drink less alcohol or drink none?
- Have friends or family members tried to express their concern about your drinking?
- Has your work suffered because of your drinking?

If you answered yes to one or more of the questions above, then you are likely drinking too much. It is important to know that regardless of the severity of your drinking, recovery is possible!

### ***Remember This!***

If you believe you or someone you know is struggling with a drinking problem, treatment is available. With the right treatment and support individuals can safely stop drinking and lead healthier lives.





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Our eyes are one of our greatest assets. They give us the ability to see the world around us. And we if don't take care of them and protect our eyes from injuries at work we could easily lose the world we know. Imagine not having one of your senses or even only having partial use of a certain sense. It will not only change the way you take on the world around you, but also the way the world accepts you. CDC estimates there 2,000 eye injuries every single day on job sites. That accumulates to over \$300 million dollars a year for cost to employers. So, it is important to eliminate or engineer out the hazards that could pose hazards to our eyes at work. Many hazards on the jobsite cannot be fully eliminated so proper eye protection is also very critical.

Here are a few common hazards to eyes that we as a company could come across:

- Flying dust
- Flying debris from insulation firestop or from other trades in the area
- Chemicals
- Blunt trauma to the eye debris flying in the air and striking the eye even if the eyelid is shut can cause a person to lose their eyeball completely
- Burns due to UV exposure, by watching that welder run that bead without having the correct lens on can cause damage to the retina

The best way to avoid looking like a pirate the rest of your life is to follow these simple steps

- Identify all the potential eye hazards in your work area. Have proper safeguards in place to prevent an eye injury.
- Eliminate or lessen the chance of getting debris in your eyes by avoiding being in the line of fire. Stand up wind from debris being blown around.
- **ALWAYS** wear you approved safety glasses, face shield, or goggles depending on the task at hand. It does now good to wear safety glasses if your task has you working with chemicals that cause splash up obviously goggles will be best used there.
- If there is welding going on in your area of work, get with the trade that is welding and them setup an UV screen to protect your and your coworkers' eyes.

Finally, just like your mama use to say if you get something in your eye "DON'T RUB IT or SCRATCH IT", this can cause damage to your cornea resulting in injury. Find an eyewash station or saline bottle to rinse out the object out. If it is chemical that you get in, your eyes remove your contacts if you are wearing any and begin to rinse out your eyes. If only one eye has chemical or object in it rotate the eye so it is towards the floor and the chemical will not be able to go across the bridge of the nose into the other eye. Get to an eyewash station and rinse those peepers for 15 minutes no less than.

### ***Remember This!***

Three out of every five victims of eye injuries on the job were not wearing any eye protection!!





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