



ToolBox Talk Meeting Report

Date:		Site/Project:	
Division:		Supervisor:	

Topic for Review: The “Dog Days” of Autumn

Frequent Hazards Experienced: (Check off items that are applicable to this talk)

- | | | |
|--|--|--|
| <input type="checkbox"/> Housekeeping | <input type="checkbox"/> Safety Glasses | <input type="checkbox"/> Confined Spaces |
| <input type="checkbox"/> Hazard Awareness | <input type="checkbox"/> Safety Procedures | <input type="checkbox"/> First Aid |
| <input type="checkbox"/> WHMIS | <input type="checkbox"/> Actuated Tools | <input type="checkbox"/> Temporary Power |
| <input type="checkbox"/> OHS | <input type="checkbox"/> Hygiene | <input type="checkbox"/> Access / Egress |
| <input type="checkbox"/> Lock Out /Tag Out | <input type="checkbox"/> Scaffolds | <input type="checkbox"/> Temporary Lighting |
| <input type="checkbox"/> Fire Protection | <input type="checkbox"/> Elevated Work Platforms | <input type="checkbox"/> Ramps / Stairs |
| <input type="checkbox"/> Ladders | <input type="checkbox"/> PPE | <input type="checkbox"/> Material Storage |
| <input type="checkbox"/> Guardrails | <input type="checkbox"/> Welding/Cutting | <input type="checkbox"/> Regulations / Legislation |
| <input type="checkbox"/> Arc Flash | <input type="checkbox"/> Other: | |

Discussion Notes/Job Site Hazards to be Addressed/ Followed Up:

Please Retain Original on Site for your Records and contact HSE for any inquiries.



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Attendees:

Print Name	Initials	Print Name	Initials
1.		2.	
3.		4.	
5.		6.	
7.		8.	
9.		10.	
11.		12.	
13.		14.	
15.		16.	
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19.		20.	
21.		22.	
23.		24.	
25.		26.	
27.		28.	

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Toolbox Talk – The “Dog Days” of Autumn

Autumn represents a transition that is uneasy for us at times. The days become shorter, colder, and above all, *darker*. Getting up each morning becomes increasingly difficult, fatigue comes more easily during work hours, and cutting corners becomes more attractive when at the end of your shift all you want is a warm bed.

Listlessness, the “dog days”, or “autumn fatigue” – whichever way you call it – is a phenomenon that many people face each year, and is often a very natural response by the body as we lose the amount of sunlight we are used to experiencing during the summer months. Add the cold weather and general mood that comes from earlier periods of darkness, and our whole being wants to shift down a gear.

It's time to throw away the autumn *blues* and fight back against autumn fatigue. **Here are some ways we can do so:**

- **Embrace the light and fresh air when you can.** Catch the few rays of sunlight by getting a quick outdoor walk in during break time.
- **Ensure you get proper nutrition.** A healthy, balanced diet, and less sugary snacks and treats goes a long way in combating fatigue (along with better physical health overall).
- **Get exercise and stay active.** *Especially in the fresh air.* Go for a jog, walk, bike ride, or kick or toss a ball around (practice physical distancing too!). Get exercise regularly – active exercise keeps you fit and keeps your energy levels higher overall.
- **Think positive.** Instead of allowing your mood to be spoiled by cold, wet and dark days, think about your accomplishments, embrace the sun when you can, and focus on the small victories.
- **Stay hydrated.** Cold water seems less attractive when the weather is colder, but a splash of it on your face in the morning is a great way to wake up, and staying hydrated helps your circulation.
- **Sleep and rest.** Treat your body to the sleep it needs! This is not only important for fatigue management, but also to help keep your immune system in top shape. Ask your supervisor for more tips on fatigue management!
- **Wellness and relaxation.** Find and partake in the small ways to keep your relaxed. Take a bath, read a book, meditate, or any other quiet activity to help calm your mind and recharge.

