

Safety Bulletin



REFOCUSING AFTER THE HOLIDAYS

It doesn't take much time away from work for us to begin to lose our good safety habits that we have worked so hard to develop. It's important to remember that while returning from the holidays, it may take some time to regain focus on the job at hand.

When we return from being away from work, our mind is often distracted by what we experienced, and we often want to share our pleasant experiences with other workers – or reflect privately on the 'not-so-pleasant' experiences. In either case, our off-job reflections can become a distraction. In a workplace full of hazards, being distracted can put you at risk.

Make Time for Connecting

We spend a great deal of time with our co-workers. It is natural for us to want to connect and share stories, especially after some time away. After returning from break, start off the morning by scheduling in some time to be social. Grab a coffee and take 15 minutes to chat about the holidays before starting work.

Stretch and Flex

Those holiday treats might have some of us feeling a little weighed down. A proper Stretch and Flex in the morning is a great way to get our bodies moving and get some energy back. While it won't work-off the calories from your favourite holiday treats, it can help warm up our bodies, and help us get back into movements that we haven't done in a while.

Assess the Work Environment

If we jump right into our work without taking the time to regain safety habits, injuries can quickly occur. Conducting a thorough Pre Job Hazard Assessment will reconnect you to the work environment, processes, tools and equipment, etc. Take some time to think through the steps of the job – identify the hazards, and ensure the controls are in place. Remember to get everyone involved in the process!

Getting Back into the Groove

We've just had an extended time away and getting back into the 'groove' of work is not always easy. It's important to recognize when you are feeling 'out of sorts' and remember that this is not a time to double-down on dangerous work, work faster, or continue to work in a dangerous way; take a break instead.

Remember, regardless of how you are feeling, the gears on the machines still turn, gravity is still in force, chemicals are still hazardous, certain items are still hot, and some areas are still loud. Regardless of our mood or emotional state, hazards are still present and we have to remain vigilant.