Toolbox KITS

STRESS MANAGEMENT TRAINING

Stress management training

Signs, safety links, coping and looking out for each other

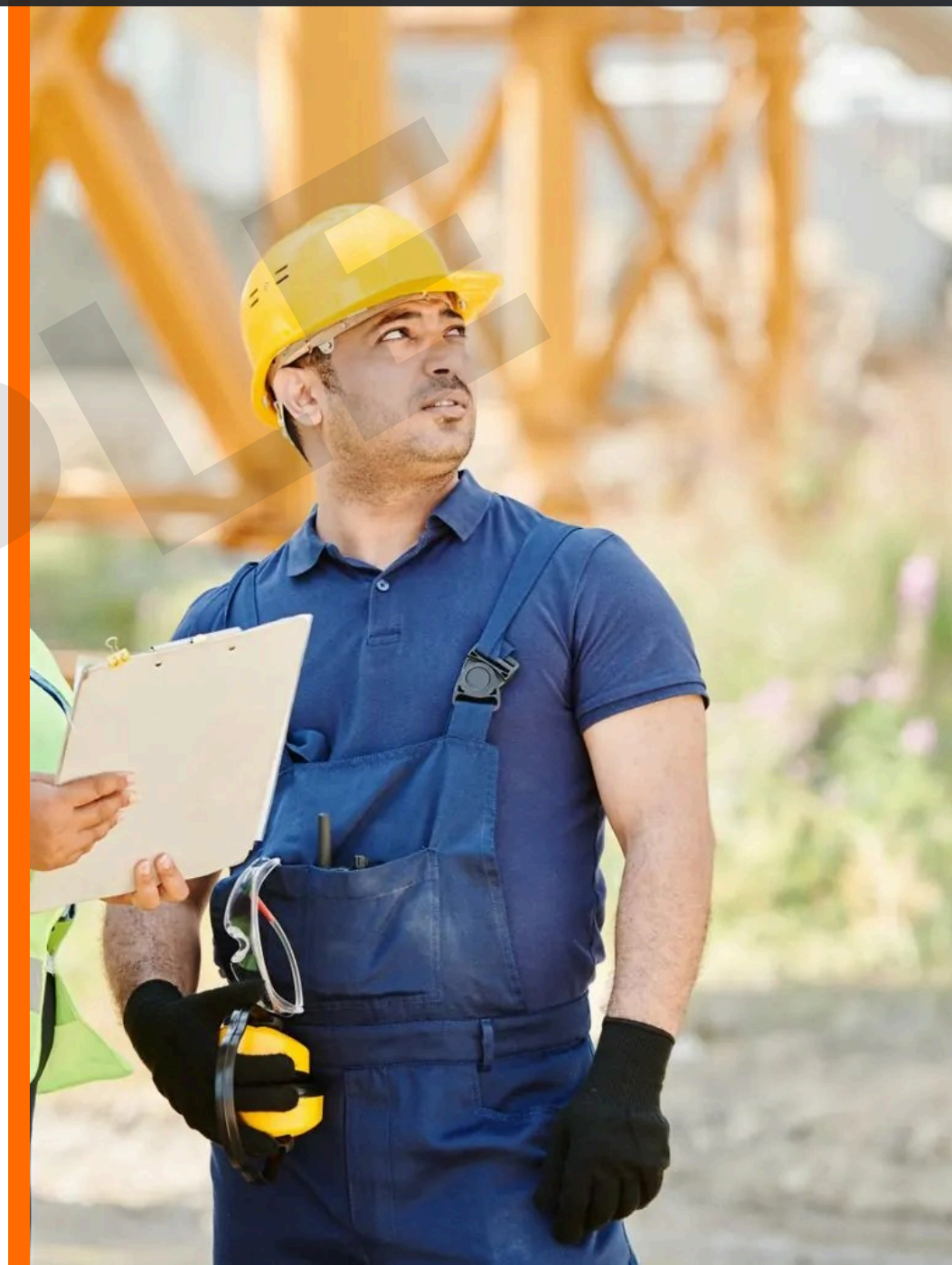
Based on 29 CFR 1926.21, 1926.50, 1910.151, 1904.35 and 1904.29

About 40 minutes, with a 10-question quiz

30 slides | About 40 minutes | 10-question quiz

English + Spanish

SAMPLE



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MODULE 1

The hazard: a mind that is somewhere else

What can go wrong	→	What prevents it
Missed hazards and skipped steps	→	Notice the signs early
Short temper and arguments	→	Pause before a hazardous task
Poor sleep and fatigue	→	Break the day into smaller tasks
Pulling away from the crew	→	Talk to someone you trust
Mistakes and near misses	→	Look out for each other

SAMPLE

Toolbox KITS

Crew handout

Stress and safety: notice, pause, talk, support

29 CFR 1926.21, 1926.50, 1904.35, 1904.29, 1910.151

Do

- Know the signs of stress in yourself and others
- Pause before a hazardous task and check your head
- Break big days into smaller tasks
- Take your breaks, drink water and eat real food
- Tell your supervisor if you are too distracted to work safely
- Talk to someone you trust
- Ask a coworker in private how they are really doing
- Know how to reach the EAP and 988

Don't

- Do not push through when you are too distracted
- Do not skip the pre-task check to catch up
- Do not use alcohol to cope
- Do not ignore a coworker who seems off
- Do not hide stress to look tough

SAMPLE

Remember **Pause, ask for help, look out for each other.**

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