



## Returning to Work After a Long Weekend - Week of 08/31/25 – 09/06/25

Welcome back, everyone. I hope you all had a great 3 or 4-day weekend! I hope you all had some time to rest, spend time with family, or enjoy your time off. Now that we're back on site, it's important to shift gears and get our heads back in the game.

Coming back from an extended break can make it easy to be distracted, forget routines, or overlook hazards. Today's talk is about refreshing our safety mindset and starting the week strong and safe.

### ⚠️ Key Hazards to Watch For Today:

- **Mental fatigue or sluggishness:** Even with rest, it takes time to get back into "work mode."
- **Complacency:** You may feel overconfident doing familiar tasks — this is when accidents happen.
- **Missed hazards:** Hazards may have changed or developed while we were away.
- **PPE compliance:** Make sure all your gear is in good condition and being worn properly.
- **Equipment issues:** Tools and machines may not have been used in days — inspect before use.

### ✅ Checklist for a Safe Return:

1. **Stretch and re-orient** — Get the body and mind ready to work.
2. **Inspect your work area** — Look for any hazards that may have appeared during the break.
3. **Check your tools and equipment** — Perform pre-use inspections.
4. **PPE check** — Ensure you have all required PPE and it's in good condition.
5. **Review the task for the day** — Know your role and responsibilities.
6. **Speak up** — If something feels off or you're unsure, talk to your supervisor.

### 🔧 Team Reminders:

- Have a full and detailed Pre-Task Discussion before every job no matter how small.
- Take your time to do things right — don't rush to "catch up."
- Help each other refocus — watch out for your crew mates.
- If you feel mentally off or distracted, let someone know. We can support each other.
- Are there any new hazards or concerns we should address before starting?

It's normal to feel a bit off after a long break — the key is to recognize it and take steps to refocus. Safety doesn't take a holiday! Let's ease back in, support one another, and make sure we all go home safe today and every day.

**Stay sharp, stay safe — welcome back.**





## SAFETY MEETING SIGN-IN

Date \_\_\_\_\_ Topic Returning to Work After a Long Weekend

Location \_\_\_\_\_

Trainer \_\_\_\_\_

Start Time \_\_\_\_\_ End Time \_\_\_\_\_

Print Name	Signature	Print Name	Signature

Signature of Trainer: \_\_\_\_\_

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
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