



**MCA**  
DETROIT

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## TOOLBOX TALK

### Beating the Post-Holiday Slump on the Jobsite

#### Why This Matters

After time off, many workers experience fatigue, distraction, or difficulty getting back into routine. While this is normal, in construction and mechanical work it can increase the risk of injuries, mistakes, and near misses.

**Most incidents don't happen because someone is careless — they happen when someone is tired or mentally distracted.**

#### Common Post-Holiday Risks

- Slower reaction times
- Missed steps or loss of balance
- Forgetting PPE or safety procedures
- Taking shortcuts to "catch up"
- Reduced communication between crew members

#### What We Can Do to Stay Safe

##### 1. Slow Down and Reset

- Take a moment before starting tasks
- Review the plan and safety steps, even for routine work
- Don't rely on muscle memory alone

##### 2. Double-Check the Basics

- PPE on and in good condition
- Tools, ladders, and equipment inspected
- Tie-offs, guards, and lockout/tagout in place

##### 3. Watch Out for Each Other

- Speak up if someone looks tired or distracted
- A quick check-in can prevent a serious incident
- No one gets criticized for asking questions or slowing the job down

## **Mental Health Check-In**

The holidays can bring added stress — family pressure, financial concerns, or seasonal depression. These can affect focus and safety at work.

### **If something is weighing on you, you're not alone.**

Talk to a supervisor, coworker, or use available support resources if needed.

### **Discussion Question**

- What's one task we should slow down on this week?
- What helps you get back into work mode after time off?

### **Remember**

- ✓ Awareness prevents injuries
- ✓ Communication keeps crews safe
- ✓ Looking out for each other matters