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**Tool Box Safety Talk # 45 11-03-2024.**

**Topic: “Hurry Up” can hurt**

A critical topic that often sneaks up on us in the construction industry—rushing through tasks. It’s something we’ve all been guilty of at some point, especially when deadlines are tight. But let’s take a moment to consider the dangers of the “hurry up” mentality and how it can lead to accidents and injuries.

**Why We Rush:**

* Tight deadlines or project schedules.
* Pressure to increase productivity.
* Trying to catch up after delays.
* Habit or culture of moving quickly.

**The Dangers of Rushing:**

* **Reduced Focus:** When we rush, our attention to detail diminishes. This can lead to overlooking hazards or making mistakes that could have been avoided.
* **Increased Risk of Accidents:** Speeding through tasks often means skipping safety protocols or taking shortcuts. This increases the likelihood of incidents, whether it’s a slip, trip, or fall, or something more serious like equipment misuse.
* **Poor Quality of Work:** Rushed jobs often require rework, which ultimately takes more time and costs more money. It also tarnishes our reputation for quality and reliability.
* **Physical and Mental Stress:** Constantly feeling the need to hurry can lead to physical and mental fatigue. This not only impacts safety but also your overall well-being.

**Real-World Examples:**

* A worker skips putting on fall protection to save time and ends up falling, resulting in serious injury.
* Rushing to complete a task leads to improper handling of materials, causing a load to shift and injure someone nearby.
* Speeding through a pre-operational check on equipment results in missing a critical defect, leading to a malfunction.

**How to Avoid the “Hurry Up” Mentality:**

1. **Plan Ahead:** Allocate sufficient time for each task, considering possible delays.
2. **Prioritize Safety:** Always follow safety procedures, even if it takes a little longer. Remember, safety should never be compromised for speed.
3. **Communicate:** If you feel pressured to rush, talk to your supervisor. It’s better to address the situation than to risk an accident.
4. **Take Breaks:** Regular breaks can help you stay focused and reduce the urge to rush.
5. **Stay Calm:** Work at a steady, controlled pace. It’s more effective in the long run.

Let’s commit to breaking the habit of rushing. By taking our time and following proper procedures, we protect not only ourselves but also our coworkers and the quality of our work. Remember, it’s better to do the job right the first time than to deal with the consequences of a mistake.

**Questions/Comments:**

* Have any of you experienced a situation where rushing led to an accident or near miss? What can we learn from that experience?

Stay safe, and remember—hurry up can hurt!

Safety Recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TRAINING ROSTER**

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## SUPERVISOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**ADDITIONAL TOPICS COVERED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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