

KICK OFF COMMUNICATION FROM LEADERSHIP



Today marks the start of Construction Safety Week, a week our industry has designated to strengthen safety culture and performance by sharing best practices, tools and resources.

At Cherry we focus on educating and training team members to make safe choices impacting all colleagues, their families and the communities in which we live and work.

Our industry is united in our commitment to continuously improve our safety culture and send every employee home safe each day.

We encourage everyone to share best practices and work together to strengthen our industry's safety culture by conducting on-site safety awareness activities and education.

Thank you for supporting our safety culture and recognizing our efforts to be injury free on job sites, as well as increase awareness of the importance to being committed to safety, every day.

TOGETHER, WE ARE BUILDING A STRONGER, SAFER INDUSTRY. - Zack Cherry



AGENDA

A LOOK AHEAD



MAY
03

MONDAY

- Topic: Be Present, Be Focused

MAY
06

THURSDAY

- Topic: Be Safe, Be Well Rested

MAY
04

TUESDAY

- Topic: Healthy Mind, Healthy Body

MAY
07

FRIDAY

- Topic: Thank you!

MAY
05

WEDNESDAY

- Topic: Be Relentless



MAY 03 MONDAY

TOOLBOX TOPIC


BE PRESENT, BE FOCUSED



What does it mean to be present or be focused? Too often we are physically present, but our focus and attention are not. We have all been there.

HOW TO BE PRESENT?

Quick tips to help you be more present the next time you notice your mind wandering.

- **Take a moment to refocus your mind.** Make the choice to refocus and pay more attention.
 - **Actively listen to the person speaking.** If you are part of a discussion or receiving direction an effective way to focus is to receive information with the understanding you'll be educating other team members. This will help ensure actively listening to the person speaking.
 - **Eliminate distractions from the physical work area.** Noise, clutter, chemicals, people, equipment, etc. can have a large impact on your ability to fully pay attention to what you are doing at any given moment at work. Removing distractions can make a difference in whether you can fully focus on the task at hand.
 - **Identify any personal concerns.** Long hours, health issues, family, stress, all plague our ability to be focused. If something personal is on your mind, talk with your supervisor so they can help you address them accordingly.
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MAY 04 TUESDAY

TOOLBOX TOPIC

HEALTHY MIND, HEALTHY BODY



Being safe means paying attention to both mind and body, beyond wearing hardhats and safety glasses. It means recognizing how important mental health really is to everyone's overall safety. From suicide to distractions that lead to devastating accidents, it is important that we all recognize total well-being. When workers are physically and mentally safe **EVERYONE WINS**.

Today, more than ever, the construction industry is prioritizing mental health well-being. Often referred to as "the silent epidemic," construction has the second-highest suicide rate by occupation in the United States. To face this silent epidemic, we must understand what causes it and continue to work together to overcome it.

Embracing a culture of caring creates the workplace support network critical for workers in need. Work away from home and long hours means we spend more time with our co-workers than our family. Taking a genuine interest in your team members' well-being can be our best tool to overcome mental illness. Be aware of signs such as significant mood changes, withdrawals, tardiness, and substance abuse. Stop, take the initiative, and intervene. You just may be the help that person needs or even save a life. **TOGETHER WE CAN MAKE A DIFFERENCE.**



MAY 05 WEDNESDAY

TOOLBOX TOPIC

BE RELENTLESS



Preventing injuries means relentlessly paying attention to risk, and monitoring what is happening around you at all times. Executing the fundamentals is critically important:

- Full PPE 100% of the time
- Hand safety
- Power tool safety
- Housekeeping
- Job Hazard Analysis daily to identify hazards and implement controls
- Fall protection measures to protect employees when exposed to a fall
- Proper ladder selection and use
- Electrical cord management
- Hazardous Materials management
- Respiratory Protection when needed
- Perform tasks only when you have the knowledge and training to do so

Injuries happen in a flash, **SO NEVER TAKE SAFETY FOR GRANTED**. Be relentless everyday by choosing to work safe--- for yourself and the people who care about you.





MAY 06 THURSDAY

TOOLBOX TOPIC

BE SAFE. BE WELL RESTED



The construction industry often comes with early hours, long commutes and night-shift work. Circadian Rhythm, your body's natural sleep/wake cycle, can have major consequences on your physical and mental health. Here are a few tips to improve your sleep quality tonight:

Exercise: Being physically active = falling asleep easier. Periodically get up, stretch, walk, and exercising when you get home. **More energy you expel during the day = restful sleep at night.**

Food and Beverage: Avoid heavy meals, drinking caffeinated drinks (coffee, energy drinks) within 6 hours of bedtime. Resist the urge for a "nightcap" before bed.

Alcohol + falling asleep = negatively impacts quality of sleep causing frequently waking up.

Sleep routine: No such thing as "catching up" on sleep. Keep bedtime and wake-time consistent everyday and resist the urge to take naps. Those who work nights, keep a consistent schedule as well. Avoid bright light or sun exposure after your shift as it will make it easier for you to fall asleep. **Consistent sleep intervals + reliable routine of rest = rejuvenation.**

Sleep Quantity: Make it a priority to get to bed early enough to get the rest you require. The Centers for Disease Control & Prevention (CDC) recommends:

18-60 years old = 7+ hours per night / 61+ years old = 7-9 hours per night

Sleep Environment: Make your bedroom dark (blackout curtains), cool (68 degrees), free of distraction or noise. **Avoid screen time a minimum of 30 min before bedtime (an hour is best).**



MAY 07 FRIDAY
TOOLBOX TOPIC
THANK YOU



This year's Construction Safety Week theme is **BE PRESENT. BE FOCUSED. BE SAFE.**

For today, let's give thanks to the people we work side by side with, discuss our gratitude for one another, and remind ourselves of our family and friends at home that we work safe for every day.

Today's daily topic, Thank You, means:

Our industry is embracing safety more than ever, most especially with the outbreak of COVID this year, and every worker in our industry deserves a big thank you. The efforts of all our workers are reducing risks and accidents on our projects. This week we have been discussing the importance of total well-being to being safe. Thank you for listening as we explored ways to be present, be focused and stay safe on the job and at home. Our workers are the essential ingredient to the success of our industry.

**THANK YOU FOR
PARTICIPATING IN SAFETY WEEK &
FOR YOUR HARD WORK ALL YEAR.**

