



Primal Safety Toolbox Safety Topics

The toolbox safety meetings should be fun and informative. You should not only discuss best safety practices, rules, and regulations, but address the emotional side of safety as well. We recommend walking safety meetings and mini-safety meetings. Walk around in large or small groups and point out safety issues like housekeeping, working from heights, scaffold and ladder safety, barriers and handrails, personal protective equipment, and any other safety topics that you find to be relevant. Ask them for their input. Ask them what they see. Ask them to point out what is wrong.

1. Stretch every morning. Have some theme from Rocky or James Brown I Feel Good playing.
2. Pair up. Have everyone introduce themselves and tell about their family (whatever that definition is for them).
3. Pair up. Get back to back. Remove a piece of safety equipment. Face each other and see if you can guess what is missing.
4. Get in small groups and discuss the potential dangers for the day and how to overcome them.
5. Walk around in small groups and have everyone point out potentially unsafe areas and situations.
6. Celebrate everyone's birthday for each month and give each person a small gift. At lunch, have a big sheet cake for everyone.
7. Pair up. Tell each other why it's important that you go home safely that day.
8. Tell a story about a near miss or a save and what it meant to that person.
9. Hand out Primal Safety Coloring books and crayons. Have their kids color the pages, laminate the pages and put them up around the project.
10. Discuss the importance of glucose in your brain and decision making.
11. Tell everyone to take five deep breaths and relax. A non-stressed brain makes better decisions.
12. Pair up. Tell each other a lifelong dream that you have.
13. Pair up. Tell each other a family story.
14. Pair up. Ask each other, "Why is it important that you work safely?"
15. Pair up. Tell each other what would happen if they went to work today without any personal protective equipment on.
16. Discuss how stress shuts down your thinking brain and keeps you from making good decisions.
17. Hand out some healthy snacks for the day like some nuts or healthy protein bars.
18. Show the group an unsafe situation or scenario and see if they can come up with an intervention and solution. Make it a contest.
19. Actually show how a harness can protect against a fall.
20. Tell everyone how dehydration affects them: Increased thirst, dry mouth, swollen tongue, weakness, dizziness, palpitations, confusion, sluggishness, fainting, no sweat, decreased urine.
21. Celebrate a safety milestone with a short party with food.
22. Read an obituary from someone who died on a construction project and what family was left behind.
23. Have everyone take the Ghyst EI Test and discuss how their profile can affect safety.
24. Tell them that if they are working unsafely, you will send them home and they can't return until they have a note from their spouse or family member.

25. Discuss how their judgment can be impaired from lack of sleep.
26. Discuss how their judgment can be impaired from drugs (OTC, prescription, recreational).
27. Discuss how good nutrition will not only positively affect performance, but they will also live a longer, healthier life.
28. Discuss why they are so tired at the end of the day: poor nutrition, poor sleep, not enough breaks, dehydration, holding muscles in tension, distracted thoughts, energy vampires (people who suck the life out of you). Also discuss how you can reduce these.
29. Discuss safety and alpha males and how this hypermasculine environment is not good for safety. A caring environment yields much better safety and productivity numbers.
30. Have everyone tell how they celebrate Holidays.
31. Have everyone tell how they celebrate birthdays.
32. Have everyone tell how they celebrate becoming an adult.
33. Tap into a larger purpose for your project and create a family work environment where everyone values and cares for each other.
34. Have everyone tell about how their kids reacted to The Primal Safety Coloring Book.
35. Have everyone tell each other that they want them to go home safely today.
36. Pair off. Tell each other how you overcame a struggle during childhood.
37. Have everyone jump up and down 10 times. Get the energy up for a safe day.
38. Have everyone discuss how their mental state (stressed, angry, etc) affects safety.
39. Have everyone discuss the importance of taking breaks.
40. Have everyone discuss the importance of not working while tired or hungry.
41. Discuss how mobile phones can be distracting and unsafe while working.
42. Use mobile phones during the meeting to call or text a loved one and let them know that you will work safely that day.
43. Discuss how safety can increase productivity.
44. Discuss how organization and cleanup can affect attitudes and safety.
45. Have everyone get into small groups and tell a joke or good story.
46. Show what multi-tasking is a myth. It's really multi-switching and it is not good for high levels of safety. Tell them to count to 24 by 2s. Then spell multitasking. Time each one. Then tell them to alternate them: 2, m, 4, u, 6, l, etc. Time that. It usually takes two to three times longer.
47. Have everyone shut their eyes and do a visualization of a safe day and what it looks like.
48. Pair off. Have everyone tell a story about the kids in their life.
49. Pair off. Have everyone tell a story about how they met their spouse or partner. If they don't have a partner, tell them to tell a story about how they met their best friend.
50. Have a discussion on what family means and what it means to look out for each other.
51. Pair off. Have everyone discuss how they would teach their kids about how to use their personal protective equipment.
52. Have a discussion about a future vision such as their life five years from now or when they retire and what they hope to accomplish.