

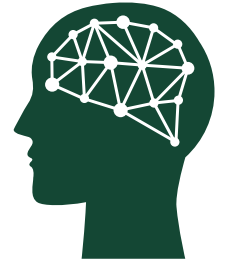


TOOLBOX TALKS

Guides for discussing safety.



Resiliency Mindset



Talk Leader: Ask the group the questions in bold.
You may read/refer to the unbolded text to facilitate discussion and understanding.

What does it mean to be resilient?

Resiliency is the ability to bounce back. In safety terms, resilience is the ability to adapt and keep functioning normally in the face of changes and disturbances.

How can we practice or improve our own resiliency?

Personally, an individual's resiliency often boils down to physical and mental health. Positive life style choices including diet, exercise, and good sleep hygiene put you in the best position to handle stress and conflict. Beyond that, when challenges or stress arises, it's important to maintain perspective. Breathing and mediation exercises are great tools for handling stress. Taking one or more deep, controlled breaths can help you clear your mind and focus on the present. With a clear mind, you can then shift your attention to positive thoughts and proactive measures, such as the best way to fix the problem or best person to talk to for additional guidance.

What are ways to practice resiliency on the job site?

Key job-related resiliency practices are pre-planning and open communication. Good pre-planning allows you to proactively identify and address issues, starting with setting realistic project goals. Also, establish procedures on how to handle incidents and emergencies. Open communication allows you to promptly respond to issues; it also allows us to learn from mistakes and improve. Don't forget about Stop Work Authority, which can help correct an unsafe condition before it turns into an emergency.

How do you stay resilient on the job?

Ask the team what opportunities they see to make the job more resilient.

Sources:

<https://www.forbes.com/sites/michaelkay/2017/11/07/resilience-awareness-practice/#716fede775b>
<https://www.arpana.gov.au/regulation-and-licensing/safety-security-transport/holistic-safety/resilience>

