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**SAFETY IS AN INVESTMENT IN YOUR FUTURE.**

Everything starts with Safety at IEC

**First Day Back to Work Safety Reminders**

Toolbox Talk # 5050

The holidays bring loads of fun and celebrations, and usually some extended time off work. As we get back into the swing of things after the holidays or time off, it is a great time to take a closer look at first day back safety and awareness.

Statistically speaking, Mondays show the highest rate of worker injuries over any other day of the week. In fact, the Bureau of Labor Statistics (BLS) reports that since 2007, Mondays have had the highest number of workplace injuries every single year with the exception of two years. The same is going to apply on Mondays after a long break and/or the first day back after a holiday break.

**Why is the first day back at work more dangerous?**

There are likely a multitude of reasons. While the BLS does not provide any data on why Mondays have the highest incident rate, we can take an educated guess that lack of focus or attention are major factors. Some other reasons may include:

* Lower energy or morale
* Personal matters from the weekend creates additional stress or distraction.
* Hectic or busier coming back from the weekend or time off

It’s important to fend off low energy or morale at the start of the week. Remember that you set the tone for your day and can help influence those around you. Choose to bring good energy, excitement for the week and support for your team to Monday morning and see how that changes the day not only for you but for the entire job site.

Before diving in, take a few steps to prevent injuries on the first day back:

* Make sure you are fit for work before you start your shift.
* Ensure you can focus on your work and the task at hand.
* Complete inspections of your work area, tools, and equipment
* Take the time to make sure all necessary safeguards are in place.
* Look out for your co-workers.
* Be prepared to stop work if there are hazards that need to be addressed.

The first day back to work has its own unique hazards. It is important to consider how or why injuries are more likely to occur on the first day back to work. Take the time to ensure you are taking the necessary steps to avoid injury during the first few hours of work after being off for a few days.

**Remember, we’re raising the bar on safety!**

Please read and understand this important document and sign on the reverse side that you have done so.

YOUR SIGNATURE ON THE REVERSE SIDE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE CONTENTS OF THIS DOCUMENT.

Phone 614-473-1050 email: JVan@IECCentralOH.org website: [www.ieccentraloh.org](http://www.ieccentraloh.org)

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Attendance – Toolbox Talk

Company / Employer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Topic: First Day Back to Work Safety Reminders

# I have read and understand Toolbox Talks, topic as shown, on date indicated.

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