



Daily Toolbox Talk: Remain Connected May 2, 2022

Remaining connected to your loved ones, your coworkers/crew members, and your community allows each of us to be bonded and know that we are not alone. Connection brings comfort. It brings peace of mind. It allows us to be open and honest about daily experiences - good and bad - and find common ground with others around us. In other words, we are each other's keepers.

Staying Connected at Home

Research has shown that social connections can support mental well-being and help ward off depression, anxiety, and other health problems. Stop for a moment and think of the people that mean the most to you; it may be a family member, friend, or even a neighbor. Building on these relationships can allow us to live happier, more fulfilling lives or have a strong support network in times of need. Consider the following tips for staying connected at home:

- Try to make one meaningful connection per day. In cases of long distance, keep in touch with web-based video calls or messages.
- Share what's on your mind. Talk constructively and ask others about their perspective.
- Also, listen. Ask about someone's day and show sincere interest.

Staying Connected at Work

Staying connected on the job will create a stronger and safer crew. The success of a team depends on good communication. Strong working relationships will help your team's common goal. Connected crews build trust in one another, minimize conflict, and ensure everyone understands the work plan. The key is to be an active participant in all forms of communication on the job. Consider the following tips for staying connected at work:

- Engage in your daily job brief or weekly toolbox talk by asking questions or sharing knowledge that may benefit your fellow crew members.
- Make a new connection at work. A few simple questions can get a conversation going.
- Mentor a junior employee or learn from a senior employee. Everyone has something unique to offer, and these interactions can lead to lasting connections.

Discuss these questions with your crew. Possible answers are listed below each question.

1. What are some ways you can stay connected at home?
 - Make a list of family and friends you want to stay connected to – reach out regularly.
 - Use web-based platforms like video chat or messages if needed.
 - Set aside time each day or week for connection with family and friends.
 - Make social plans – look forward to special activities.
2. What are some ways to stay connected at work?
 - Actively participate in your daily job brief or toolbox talk.
 - Ask questions to get to know someone on a personal level – take an interest.
 - Encourage everyone to speak and let them know that their opinion and feedback matter.
 - Mentor a junior employee or learn from a senior employee.
3. How can you advance your interpersonal relationships?
 - Be an active listener – understand what people are communicating.



CONSTRUCTION SAFETY WEEK

- Think “win-win” or a result that is good for everyone involved.
 - Follow up on previous conversations or concerns.
 - Ask questions to get a conversation going.
4. Encourage sharing and storytelling:
- What relationships have the most meaning to you?
 - What ways can you think of to make your team more connected?
 - Share a story of a successful team or project.

