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SAFETY CORNER

REFOCUS ON SAFETY
AFTER TIME OFF

January 2025

- **TAKE CARE OF YOURSELF PHYSICALLY.** VACATIONS OFTEN DISRUPT OUR NORMAL ACTIVITY & SLEEP SCHEDULES. GET PLENTY OF SLEEP & TAKE ERGO-POWER MICROBREAK STRETCHES TO HELP RELIEVE STRESS & IMPROVE CIRCULATION/FLEXIBILITY.
- BEFORE RETURNING TO WORK, **HAVE THE PROPER PPE** TO DO YOUR JOB & ENSURE IT'S IN GOOD WORKING ORDER. TAKE TIME TO PROPERLY SET UP WORK AREA & ORGANIZE TOOLS/EQUIPMENT SO YOU CAN FIND WHAT YOU NEED.
- PRIOR TO STARTING ANY WORK, **ENSURE THAT ALL HAZARDS HAVE BEEN IDENTIFIED,** WITH A THOROUGH JOB BRIEF COMPLETED, CONDUCTED AND DISCUSSED THAT REVIEWS THE SCOPE OF WORK & MITIGATES THE HAZARDS. FOLLOW ALL PROCEDURES ON THE JOB & DON'T TAKE SHORTCUTS.
- **HAVE A DISCUSSION WITH THE TEAM** ON ENSURING FOCUS AFTER TIME OFF. PRACTICE GOOD COMMUNICATION AND TEAMWORK.

By: Anthony Calascibetta, NEPPA TRAINER

