

# Toolbox STCKY Talk



A way to help us recognize and manage situations that endanger our people, clients, partners, and communities.

## Responding To High-Energy Hazards

### Awareness

Responding isn't just about reacting after something goes wrong, it's about acting before an incident occurs. In our work, hazards are not a surprise. We know where the risks are: working at heights, around heavy equipment, dealing with stored energy, and changing site conditions.

The difference between a safe day and a serious event comes down to how well we plan and prepare to control that energy before work begins. A plan on paper doesn't protect anyone, proper execution does.

### Identification

Before we start work, we need to identify:

- What energy sources are present (gravity, motion, pressure, electrical, etc.)
- Where those hazards could be released or change throughout the day
- What controls are currently in place, and if they're actually effective

Think through your plan:

- Can we eliminate the hazard altogether?
- Can we isolate or guard it?
- Are we relying too heavily on procedures or PPE instead of stronger controls?

Hazards don't stay static – conditions change, crews change, and the plan must adjust with it.

### Response

Once we identify the hazard, our response needs to be strong and intentional:

- Eliminate the hazards where possible
- Isolate or engineer controls to protect the crew
- Reduce exposure through better methods or sequencing
- Use administrative controls and PPE as the last line, not the first

Then:

- Communicate the plan clearly so everyone understands their role
- Stay engaged throughout the work
- Speak up and adjust if conditions change
- Stop work if controls break down

