

Toolbox STCKY Talk

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



Recognizing High-Energy Hazards

Awareness

The construction industry continues to see serious injuries and fatalities, even with all the progress we've made. Most of these events are tied to high-energy hazards: falls, heavy equipment, electrical, and caught-in/between situations. These are not random; they're predictable and preventable when we stay focused on the energy around us.

Every task we perform today has energy behind it: gravity, motion, pressure, electricity. If we don't recognize that energy, we're putting ourselves and our crew at risk.

Identification

Before we start work, we need to clearly identify:

- What high-energy hazards are present in today's scope of work
- Where that energy could be released or change unexpectedly
- Who could be exposed if something goes wrong

Use your daily briefing to walk through the work step-by-step:

- Are we working at heights?
- Are we around moving equipment or suspended loads?
- Are there stored or uncontrolled energy sources?
- What changes from yesterday could introduce new risks?

Response

Once hazards are identified, we take action:

- Assign the right responses (controls) prior to work taking place
- Communicate clearly – everyone must understand the plan
- Stay engaged and speak up if something changes
- Stop work if the plan breaks down or doesn't feel right

Our expectation is simple: we do not work around uncontrolled high-energy hazards. We either control it, or we don't do it.

