

Cequeida NTT H12.pdf



12 Months of Safety

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Division -- Portland

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Job Name -- NTT H12

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Attendance -- Jose Sanchez Cequeida, Chris Jenkins, Eriberto Contreras-Sierra

Comments:

As 2025 comes to an end, it's a great time to look back on the safety lessons, conversations, and progress we've made together this year. Each Toolbox Talk played a role in strengthening our safety culture, helping us work smarter, stay aware, and look out for one another. From fall protection and mental health to equipment care and fire prevention, every topic reminded us that safety isn't just a policy: it's a personal commitment. Let's take a moment to recap the year and carry these lessons forward into 2026 with the same dedication and teamwork that make Hudson Bay Insulation strong.

January : :Safety's not a season : it's the reason we all go home!:

We kicked off the year by reaffirming our commitment to **safe work policies, procedures, and accountability**. We discussed why safety rules exist to prevent incidents and protect everyone: and the importance of speaking up when something doesn't look right. We also reviewed consequences for not following critical safety procedures. Safety starts with knowing the rules and holding ourselves and each other accountable.

February : :Strong hearts, safe starts : take care of yours on and off the job!:

February focused on **Heart Health** and **Workplace Bullying & Harassment**. We learned how lifestyle choices affect our long-term health and that creating a respectful, supportive environment keeps everyone safe: physically and mentally. A healthy heart and a respectful workplace both depend on daily choices.

March : :Know before you go : read the SDS to stay in the know!:

In March, we covered **Hazard Communication (HazCom)** and the importance of **Safety Data Sheets (SDS)**. We also reviewed highlights from our **Quarterly Safety Team Meeting**, discussing fall protection equipment updates, incident reviews, and improving communication across teams. Understanding hazards before starting work prevents chemical injuries and keeps everyone informed.

April : :When in doubt, stay out : asbestos is nothing to mess about!:

This month focused on **Asbestos Awareness** and **Lead Exposure Training**. Both are invisible hazards that can cause long-term health effects. We reviewed how to identify, report, and prevent exposure through PPE and safe work practices. Protecting yourself from unseen dangers today safeguards your health for tomorrow.

May : :Clear mind, safe grind : break the cycle, one day at a time!:

We participated in the **National Safety Stand-Down for Fall Protection** and discussed **Breaking the Cycle** of alcohol and substance misuse. Both topics reminded us that safety doesn't end when we leave the jobsite: our health and decisions impact our families and coworkers. Every fall and every addiction is preventable. Always secure yourself and support one another.

June : :Sweat smart, play your part : prevent heat stress before it starts!: Summer kicked off with **Heat Stress Prevention Training** and a **Quarterly Safety Meeting Recap**.

We learned how to recognize symptoms of heat illness, staying hydrated, and looking out for each other in hot environments. Water, rest, and shade save lives: check on ourselves and our crews when temperatures rise.

July : :Celebrate smart : safety's where freedom starts!:

July highlighted **Independence Day Safety**, **Dropped Objects**, and **Proper Fall Protection Use**. We reminded everyone that celebrations and job tasks alike require attention to safety. And remember; gravity never takes a day off: secure your tools, your harness, and your focus.

August : :Don't assume : inspect your tools before you resume!:

We focused on **Equipment Storage, Care, and Fall Protection Inspections**. Proper maintenance keeps equipment reliable and reduces costs and injuries. Take ownership of your tools: inspect them daily and store them properly.

September : :Strong minds, safe sites : look out for each other!:

September, **Suicide Prevention Month**, brought heartfelt discussions on mental health in construction. We honored our lost coworker and learned practical ways to help someone in crisis. Real strength is asking for help. You are never alone: support is always available.

October : :Don't spark disaster : control the fire faster!:

In October, we recognized **National Fire Prevention Week** and completed **Hot Work Training**. These talks reminded us that fire hazards exist both at work and at home. Always plan your escape and never perform hot work without the right permit, fire watch, and extinguisher nearby.

November : :Report it right : safety's in sight!:

November focused on **Reporting Injuries and Protecting Everyone**. We learned how transparent reporting protects not just individuals but also the company's future work opportunities. Reporting injuries is not punishment:it's protection.

December : :When storms are near, get clear!:

In December, as daylight grows shorter, we emphasized **Inclement Weather and Lightning Safety**. We discussed using proper lighting, securing work areas, and preparing for winter conditions. Plan ahead:weather changes fast, but preparation saves lives.

Remember This!

Each day, we have the power to choose safety. Choose it for yourself, for your crew, and for the people waiting for you at home. Here's to an incident-free 2026 : together, we can make it happen!