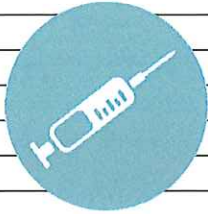


Date: October 22, 2018		EMAIL THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!	
Project Number#	Job Name:	Person Conducting Meeting:	

Flu Season Is Around the Corner

Vaccinate to Protect You and Your Loved Ones from the Flu.
Everyone 6 months of age and older should get the yearly flu vaccine. It takes about two weeks after vaccination for your body to develop an immune response. Get vaccinated now so that you will be protected all season long!



Report any safety hazards to your Foreman.

Last week's Bonus Question: What steps need to be completed before someone can use a 1/2 mask respirator?

Answer: Engineering controls such as fans or other means to control exposure to the product. Worker completes a Respirator questionnaire that is then reviewed by the doctor. Worker is trained on why we are wearing respirators, how to put on and take off, check for air leaks, cleaning and how to properly store equipment.

Inspect your equipment (*scaffold, aerial lifts, ladders, fall protection, electrical cords, etc., etc.*) prior to the start of each work shift.

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME

(Foreman review sheet, verify crew members names are legible)

Visit our website: www.olympiccompanies.com

Comments:

Record to beat **378 days!!!**

As of **October 18, 2018** we have worked **30** days without a Lost Time Injury.
We have safely worked **39,664** hours towards our ATV goal of **150,000** hours!

Toolbox Talks winner for last week: **No winner**

This week's Bonus Question: **How many crew members on this jobsite are certified in First Aid & CPR?**

Hint: **See Foreman**

"Building a Safer Place to Work" one week at a time.

Cold and Flu Season

Cold & Flu season can begin as early as October and usually ends sometime in April. While there is no way to cure the common cold or flu, healthy living can help boost your immune system.

Foods that may boost the Immune System:

garlic, cheese, yogurt (look for "live active culture"), Vitamin C found in fruits & juices, and Zinc found in meat, chicken, peanuts & peanut butter.



Keep the Germs Away:

The most important thing you can do to keep from getting sick is to wash your hands. A common way to catch a cold is by rubbing your nose or eyes, so to protect against infection, wash your hands frequently.



Healthy Bodies Have an Easier Time Fighting Off Infection:

- Get plenty of rest
- Eat a well-balanced diet
- Exercise regularly
- Decrease stress
- Cut back on unhealthy habits such as smoking and over consuming alcohol

**TAKE CARE
OF YOUR
BODY.**

**IT IS THE
ONLY PLACE
YOU HAVE
TO LIVE IN!**