



Return to Work-Safety Reset

The Pandemic has brought us so many uncertainties. It is important that we become diligent with hazard and risk assessments. This will help us **PAUSE, RESET and PLAN** our task in the workplace.

Managing Safety after a Holiday

- After being away from work for a vacation or a holiday, it might take some time to regain focus on the job at hand. At West Fraser, every employee is responsible for being alert and creating a safe work environment the minute they step onto the jobsite.





“4 Seconds to Safety” RESET...REFOCUS...ACT

When we lose our focus, we must acknowledge it and then do something about it. When we notice our head is not in the game, we need to stop and take 4 Seconds to Safety. In those 4seconds clear your head, refocus, check your surroundings, and review the job. Ask yourselves the following questions.....

- Am I putting myself or others at risk?
- Am I prepared to continue to work safely?
- Am I focused on what needs to get done?
- Am I ready to act to do it safely?

Only proceed after you know with certainty that the job will get done safely.

What if?

- ✓ I didn't check my work area for hazards?
- ✓ I "forgot" part of a safe work procedure?
- ✓ I missed a step of my lockout?
- ✓ I was distracted when I should have been paying attention?
- ✓ I didn't ask for help when I needed it?

The consequences to me and my family could last a lifetime.....



STEPS TO PREVENT INJURY ON YOUR FIRST DAY BACK

- ✓ Do a self-check to see whether you are fit-to-work or not before you start.
 - Make sure you follow the West Fraser FIT-TO-WORK Policy.
 - Make sure you do not fall on the COVID -19 criteria.
- ✓ Use FLHA &/or FLHRA when required.
- ✓ Look out for your co-workers.
- ✓ Report all unsafe work conditions and unsafe acts. Stop work if needed to address hazards.

