

# Tools for Life – Weekly Health & Safety Meeting

*Apollo*

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Home Healthy - Home Safe

Date: April 2023

### Construction Family Loss

By now some of you may have heard about the devastating incident that occurred on March 7<sup>th</sup> at the Spokane Tribe Casino where a young journeyman carpenter lost her life. She may have not been an Apollo employee; but she was part of the construction family. The incident is still under investigation, but this event is a shocking reminder that we work in an industry that is inherently dangerous. We often take for granted tasks we have completed numerous times without incident. The challenge to recognize and respect hazards daily, is one of the many obstacles we face. Apollo would like to ask each one of you to take a step back. Break away from the laser focus mode that we get into and really look at all the hazards that are around us every day and develop a plan to mitigate them. Each of us has someone who depends on us; kids, spouses, parents, friends, even the 4-legged kin. It is each of our responsibility to work safely so ourselves and our co-workers around us can make it HOME SAFE and be there for the people who love us. If you see something wrong, please have the courage to say something. That small act could save someone's life. Doing so also gives other the courage to speak up as well.

Although we do not know the details that lead to the unfortunate incident in Spokane Washington, it is almost certain it was not any one thing, but rather numerous small things. Remember the "Normalization of Deviation" that cost the Voyager Astronauts their lives. Something small can lead to something catastrophic. See something, say something, it might save a life.

**HEALTHY OR SAFETY REMINDER:** Complacency is a state of decreased external awareness and reduced sensitivity to hazards caused by the brain's ability to activate neural pathways that require less prefrontal cortex activity. Your brain gets into habits when it sees the same thing over and over or is successful at a task.

#### What other actions can we take to break out of the laser focus or battle complacency?

- Get a second opinion and have a set of fresh eyes review or evaluate the activity.
- Reduce the repetition or break up repetitive tasks by cross training crews and providing the ability to rotate between tasks.
- Take a physical step back. Give yourself a few feet and moments of deep breathing to evaluate our ever-changing work environment.

