

# SAFETY MEETING

Company Name: Superior Waterproofing

Tool Talk #35

Date: 9/10/2021

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## **Work & Stress: Is it under control?**

Typically, the greatest source of stress is on the job. **Stress is a physical or mental response to the pressures of an event or life in general.** Though generally regarded as negative, stress can be either. Stress can be a good thing because it provides the energy and mental agility to get the job done.

**If stress goes on for prolonged periods the body can have adverse reactions.** Common medical conditions include insomnia, fatigue, high blood pressure, and digestive disorders, such as ulcers. Common psychological conditions include impatience and worry; lack of self-confidence; anger, frustration, and irritability; and violence, alcohol, and drug abuse.

### **To compound matters, stress can lead to problems on the job:**

- **Lost priorities** — Goals are often lost when under stress. You tend to spend hours working on small details, and feel as if you aren't getting enough done.
- **Rushing** — When the workload is heavy and deadlines are looming, you will push yourself and may take shortcuts.
- **Competition** — If you don't believe that co-workers have the same goals, you may become uncooperative, choosing to isolate yourself and begin doing other people's tasks. You believe that if you don't do it, the task won't get done. Co-workers may respond with hurt feelings, and eventually this attitude can affect the company's overall goals.
- **Obsession with quantity of work** — Stress can bring on a preoccupation with quantity of work or "numbers." However, numbers can cause problems because you may assume that failure was a result of not working hard enough, or that your co-workers are not working hard enough.
- **Anger** — If allowed to build up over time, stress can lead to outbursts of anger over frustration regarding the circumstances of a work situation.

### **Steps to managing stress**

The first step in handling stress is watching for the warning signs. Become aware of when your under stress, or when something could trigger stress.

The next step is to manage stress by:

- Taking breaks and learning relaxation techniques.
- Releasing stress with exercise.
- Maintaining proper rest and diet so you can deal with stressful situations.
- Practicing deep breathing to relax the body and mind.
- Managing time by setting priorities.
- Building self-confidence by analyzing strengths.
- Sharing work or asking for help.
- **Sharing stress with others by talking to someone** (family, coworkers, supervisors, counselors).
- Limiting changes that can be overwhelming or that limit you from doing the things you enjoy.
- Avoiding medication or alcohol to temporarily eliminate stress.
- Laughing and crying to ease tension.
- Having fun by scheduling time for recreational activities with family and friends.

**QUESTION?** How do you deal with stress? Serious answers only. \_\_\_\_\_

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Reviewed MSDS # \_\_\_\_\_ Subject \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

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Supervisor's Signature \_\_\_\_\_