



BUZZ SESSION

DATE:

10.08.2023

UNIT:

CMN

SERVICE BRIEFED:

Cleaning

NOTHING
GETS IN THE
WAY OF GREAT
SERVICE

MANAGERS
SIGNATURE

Gail Kay

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5 Simple Pre-Work Stretches

Reminder: Stretch Slowly and do not bounce. Stop stretching if you feel any sharp pains.



Quadricep Stretch: Hold for 5-10 Seconds. Make sure to stretch both sides.

Squats: Repeat Slowly at least 5 Times.



Lunge: Hold for 5-10 Seconds. Make sure to stretch both sides.

Side Stretch: Hold for 5-10 Seconds. Make sure to stretch both sides.



Toe Touch: Hold for 5-10 Seconds.

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means paying attention and being aware of what's going on around you. Doesn't matter what your role is at work, it is a very important key to keeping everyone's safe.

NAME OF TODAY'S BUZZ BRIEFER

Gail Kay

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Factors that will help reduce situational awareness that workers must be aware of and make an effort to avoid, including:

- Rushing through a task
- Mental or physical fatigue
- Complacency
- Poor communication
- Distractions
- Daydreaming, loss of focus
- Stress

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SORT Your Way to a Safer Work Environment

SORT

STOP and take the time to evaluate your work environment and work task.

OBSERVE your work environment- Have all hazards been addressed?

RECOGNIZE any unaddressed hazards in your work environment.

TAKE OWNERSHIP of unaddressed hazards in your work environment and follow through to see that they are corrected.

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Why It's Important To Report Hazards In The Workplace



YOU'RE OUR FUTURE

