

WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

SAFETY MEETING OUTLINES

Box 700, Frankfort, IL 60423

815-464-0200

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Week of 7/18/2022

Company Name _____ Job Name _____ Date _____

DEALING WITH ANGER

Anger and the violence that frequently follows are ever-increasing problems in the workplace and society as a whole. In schools, on the road, and even on airplanes, anger leads to violence, pain, and suffering. It is important to control your temper and deal effectively with others when they become angry.

Anger is a natural response, but if it is uncontrolled it can lead to danger. Clearly, violence can result. Quite often though, the danger comes from the fact that we aren't paying attention to what we're supposed to be doing. When you get really angry at someone your mind is focused on the anger, not the saw you're using, the concrete truck, the crane's load, or even the hammer and nail in your hands. To work safely and effectively, your head has to be in the game. When you're angry you can't concentrate on your job and you can't work safely.

Controlling your own temper can be difficult because you're usually already upset and may not be thinking clearly. When you start to get hot, take a few deep breaths, try to relax, and think the situation through. Present your position calmly and logically. Cooler heads almost always prevail, so your chances of correcting the situation or getting your way are probably much better if you don't lose your temper.

When you're the target of someone's anger, you know that it's an uncomfortable and stressful situation. You've probably also realized that reacting with anger only increases the stress level. When someone is talking to you angrily or yelling at you, your first response may be to start offering explanations or to start yelling back. Instead, listen calmly and then try to defuse the situation. It's unlikely that telling someone "don't be so angry" will make that anger go away. Listen to the complaint and let the other person vent some steam. Then suggest a course of action to improve the situation. If the person seems violent or threatening, try to move to or stay in a public place and call for help if possible.

In many cases no one is to blame for some of the things that anger us the most — a flat tire, weather spoiling a baseball game, or traffic jams. Yelling at a co-worker because the tool just broke, or screaming at your kids because traffic is backed up won't fix the problem. It will just make other people angry at you, won't make you feel any better, and won't help resolve the situation.

SAFETY REMINDER

**If you fight and even prevail,
you may still end up going to jail.**

Special Topics For Your Project _____

Employee Safety Recommendations _____

Reviewed MSDS # _____ Subject _____

Meeting Attended By _____

Supervisor's Signature _____