

TOOLBOX TALK

Is your personal “check engine light” on?

Red flags to notice

Worrying constantly	Trouble relaxing/on edge	Muscle tension/aches
Mind racing/can't focus	Easily worn out	Irritable

The good news: Anxiety is something you can manage with the right tools and support.

Take quick action when feeling anxious

1. Clench fists or tighten shoulders for **five seconds**
2. Let go all at once and drop your shoulders
3. Repeat **two times**

This helps interrupt the stress response and reduce muscle tension.

Where to turn for confidential support



Under the Hat can connect you or your family to free, private support any time of day. Talk with someone who listens for free — no judgment and completely private.

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on UndertheHat.com.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
