

# AI Safety Sprint — Prompt Cheat Sheet

BCCSA Victoria 2026 | David Dunham | Copy-paste these prompts to recreate what you saw on stage

## 1 Site-Specific SMP — Claude

**What it does:** Takes a client's safety requirements + your stock company docs and produces a site-specific Safety Management Plan.

### SETUP PROMPT

```
You are my construction safety co-worker. I'm a General Contractor
building a 5-storey commercial office project in Victoria, BC.
The client is Metro Vancouver Health Authority.
```

```
I'm going to give you:
```

1. The client's safety plan requirements
2. Our company safety policy
3. Our hazard assessment template
4. Our emergency response plan
5. Our training matrix

```
Using these documents, build me a Site-Specific Safety
Management Plan that satisfies the client requirements and
references our company systems. Use a professional format
with numbered sections.
```

### FOLLOW-UP PROMPTS

```
Add a section on crane operations -- we have a tower crane on site.
```

```
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Update the fall protection section -- we're working on open slab
edges at Levels 3 through 5.
```

```
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Add a traffic management plan -- delivery trucks enter from the
south gate and we need a spotter for all backing.
```

**Tip:** Upload your actual company docs. Claude reads them and weaves them into the SMP. The more specific your input, the better the output.

## 2 Worksite Orientation — SimTheory

**What it does:** Select a model + vibecode, give it a prompt, and it builds an interactive e-learning with quizzes. Save it, share via QR code, track completions with CSV download.

### SETUP

1. Select your **model** (LLM)
2. Select the **vibecode**
3. Paste the prompt below

### PROMPT (paste into SimTheory)

Create an interactive site orientation e-learning for new construction workers.

Reading level: Grade 8 | Audience: New site workers

Tone: Direct, practical, no corporate fluff

Project: [Your project] | GC: [Your company]

Location: [City, Province]

Create 6 modules with a quiz at the end of each:

1. Welcome & Site Overview (access, parking, hours)
2. PPE Requirements (minimum + task-specific)
3. Emergency Procedures (first aid, muster, hospital)
4. Site-Specific Hazards (falls, overhead, traffic)
5. Reporting Hazards & Incidents (near miss process)
6. Rules & Expectations (zero tolerance, housekeeping)

Include interactive elements and a final quiz.

### AFTER CREATING

**File > Save** your e-learning. **File > Share** to create a QR code. **View > Download CSV** to see who completed and their quiz scores.

**Tip:** Upload a site photo or map as context. Specify the reading level and ask for interactive elements -- drag-and-drop, scenario questions, knowledge checks.

## 3 Toolbox Talk Generator — Claude

**What it does:** Share a folder with Claude Cowork containing your template + instructions. Claude generates formatted toolbox talks on demand, saved directly to the folder.

### SETUP

1. Create a folder with your template (.docx) and an \_INSTRUCTIONS.md file
2. Open Claude Cowork and select the folder
3. Claude reads the template automatically

### GENERATION PROMPTS

**QUICK:**

Generate a toolbox talk on [TOPIC] for [PROJECT].

**DETAILED:**

Generate a toolbox talk using the template in this folder.

Topic: Excavation Safety

Project: Riverside Office Complex

Date: February 20, 2026

Presenter: David Dunham, Site Superintendent

This week we're excavating on the west side.

Key hazards: trench collapse, utilities, heavy equipment.

**BATCH:**

Generate toolbox talks for this week's activities:

1. Concrete pour - Level 3 slab
2. Steel erection - Levels 4-5
3. Excavation - west side utilities

**EXAMPLE TOPICS TO TRY**

Working at Heights	Excavation Safety	Scaffolding Inspection
Hot Work Permits	Confined Space Entry	Silica Dust Exposure
Lockout/Tagout	Manual Lifting	Cold Weather Work

**Tip:** The folder IS the system. Share it with Cowork once and you have a reusable generator. Update the template once, every future talk matches your brand.