

# TOOLBOX TALK

DISCUSS WITH CREWS

mm/dd/yyyy

## DRIVING – AVOID FRUSTRATION

### Topic Overview

Your thoughts and feelings can create an emotional state that may affect your driving behaviour.

### Hazards to be aware of

Arguing or returning remarks or gestures to other motorists may escalate a situation.

Negative emotions will affect your driving behaviour in a negative way.

Believing that your drive will be predictable and controllable will set you up for frustration should upsets occur.

### Safety Tips

- Take personal responsibility for your state of mind when you begin your journey. Begin your journey on a positive note.
- Keep negative emotions in check.
- Imagine yourself arriving safely at your destination.
- Be willing to take longer to arrive in order to avoid frustration.
- Anticipate poor driving from others and refrain from reacting negatively.
- Do not engage in:
  - A feeling that everyone is out to get you or hold you up.
  - Judgments about other drivers' actions (e.g., "everyone else is a lousy driver") that lead to frustration.
  - Angry feelings that may affect driving, such as recalling an argument with the boss, spouse, or co-worker.
  - A need to be right or "win".



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LOCATION		DATE	
PRESENTED BY		TIME	

## Review previous Workplace Inspections


## Review previous Accident/Incident/Near Misses


## Other Safety Issues or Suggestions made by Staff


## Attendance Record

NAME	SIGNATURE	NAME	SIGNATURE

TOOLBOX MEETING REVIEWED	NAME (PRINT)	SIGNATURE	DATE
MANAGEMENT REP			
WORKER REP			