



Safety Message of the Day for IMEA Members



Why is the first day back at work is more dangerous? Safety Message

There are likely a multitude of reasons. While the BLS does not provide any data on why Mondays following a holiday have the highest incident rate, we can take an educated guess that lack of focus or attention are major factors. Some other reasons may include:

- Lower energy or morale
- Personal matters from the weekend creating additional stress or distraction
- Hectic or busier coming back from the weekend or time off

It's important to fend off low energy or morale at the start of the week. Remember that you set the tone for your day and can help influence those around you. Choose to bring good energy, excitement for the week and support for your team to Monday morning and see how that changes the day not only for you but for the entire job site.

Before diving in, take a few steps to prevent injuries on the first day back:

- Make sure you are fit for work before you start your shift
- Ensure you can focus on your work and the task at hand
- Complete inspections of your work area, tools and equipment
- Take the time to make sure all necessary safeguards are in place
- Look out for your co-workers
- Be prepared to stop work if there are hazards that need to be addressed