



August 4 – Look Out for More Than the Job

I was approached by a couple of our guys that were concerned about one of our other guys, they stated that he was not acting like himself and that his face looked different. I spoke to the gentleman in question and agreed. He told me that he felt a little sick but nothing major, I could clearly tell that something was off. He has worked here for 12 years and we all know him pretty well so I did not have any suspicions of drugs, I initially thought that it was heat related.

I called our safety department and we agreed that he needed to do a fit for duty. I had him sit in my office with me while we waited for his ride. Once at the clinic they checked his blood pressure and it was very high and advised that he go to the ER immediately. They performed multiple tests and got his blood pressure stable, he was able to go home later in the evening and has a follow up with his doctor. The crew here did a great job at looking out for each other and bringing it to my attention.

Sometimes the first sign of an emergency... ...is simply noticing that someone isn't themselves.

A couple of employees approached their supervisor because they were concerned about a coworker. They explained that he wasn't acting like himself and that something about his appearance seemed different. Although the employee said he only felt "a little sick," both the coworkers and supervisor recognized that something wasn't right.

The supervisor had worked with the employee for many years and knew his normal behavior. Rather than dismissing the concerns or assuming the employee would be fine, he trusted his instincts and took the situation seriously. His first thought was that the employee might be experiencing heat-related illness, but regardless of the cause, he understood that changes in a person's behavior or appearance should never be ignored.

One of the strongest indicators of a positive safety culture isn't how quickly hazards are identified—it's how well employees look out for one another. Equipment doesn't always give warning signs before it fails, and neither do people. When coworkers speak up because something seems different, they're not interfering—they're protecting a teammate. Sometimes, paying attention to the people around you can be just as important as paying attention to the work itself.

Hazards

- Heat-related illness
- Medical emergencies
- Changes in behavior or mental awareness
- Delayed recognition of symptoms
- Assuming someone is "fine" because they say they are
- Failure to speak up when something doesn't seem right

Words of Wisdom

Knowing your job is important. Knowing your coworkers may save a life. If something about a teammate doesn't seem right, trust your instincts, speak up, and check on them.

Pause and Think

- Would you recognize if one of your coworkers wasn't acting like themselves?
- Have you ever noticed something that didn't seem right but weren't sure whether to say something?
- Why do people sometimes downplay how they're feeling when they're sick or overheated?
- What signs might indicate that a coworker needs medical attention?
- How can we build a culture where checking on one another is viewed as a strength, not an inconvenience?

Closing Thought

The best crews don't just watch for hazards—they watch out for each other. A simple conversation, a question, or speaking up when something doesn't seem right may be the action that prevents a tragedy.

See Something • Say Something • Do Something