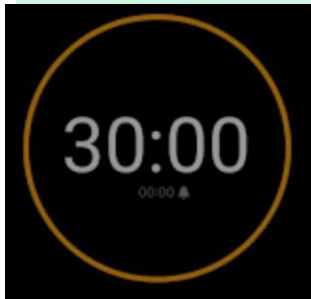


### Bonus Safety Discussion Topic: Team Timer

Workers lose track of time constantly when focused on their task. A consistent cadence of hydration is essential when working in the heat. To keep from having to remember how long it's been since our last drink of water, our buddy's last drink of water, which was the last electrolyte drink – REMEMBER – 4:1 ratio..... follow the best practice of setting a timer.

Designate someone on the crew to set an alarm for every 20-30 minutes as a reminder to take a drink. 30 minutes for when it's hot and we're working. 20 minutes for when it is sweltering and we're busting our tails. Just a small drink – 4-8 ounces. Don't try to slam a 12 oz. bottle three times an hour all day long.



Assigning that detail at the JSA first thing in the morning will ensure the entire crew stays hydrated all day. Do yourself a favor – practice the same even when not at work. We all have evening chores and weekend projects. But also in the

evenings and on the weekends that we're outside having fun with family or friends. Dehydration does not discriminate. It'll will attack the young and old alike.



Stay safe out there. #KeeleySafe!!!

Use these questions to add to the discussion:

1. Who is your designated timer today?
2. Is this a 20 min or 30 min kind of day?
3. What activities will you be doing this evening/weekend where hydration is key?

Meeting Date	Monthly Theme	Bonus Topic	Discussion Leader
Month ___ Day ___ 2024			Name:

Work Group (Circle One)	Location (City, State)
Keeley Companies	
Keeley Construction – Civil Energy   Civil Infrastructure   Civil Texas   Paving -STL  Paving - National  Paving - AZ   Paving - TX   Building   Industrial   Heavy Industries  Milling Services   Support Group   Sr. Leadership	
Keeley Properties	
Keeley Restoration	
Subcontractor _____	

**Other topics to discuss during our meeting today?**

- How does the Mission statement or Core Values relate to the topic today?
- Recent Good Catch reports? What was done to prevent the negative occurrence?
- Recent Near Miss reports? Were we lucky or were we good?
- Recent Events (Injury/Illness, Motor Vehicle Incidents, Utility Hits)?
- Recent company or customer safety bulletins?

**\*PRINT ONLY\* Names:**

1)	11)
2)	12)
3)	13)
4)	14)
5)	15)
6)	16)
7)	17)
8)	18)
9)	19)
10)	20)

Use this QR code to sign-in electronically and take a quick survey.



These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.