

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance

Toolbox Talks for the Sheet Metal Industry

Job Stress and Health

- Stress sets off an alarm in the brain (nervous system is aroused).
 - Hormones released that sharpen senses, increase pulse, deepen respiration, and tense muscles.
 - Fight or flight response (helps defend against threatening situations)
- Short-lived or infrequent episodes of stress pose little risk.
- Long-term stress keeps the nervous system in a constant state of activation, resulting in biological system damage.
 - If unresolved, fatigue or damage results, and the ability of the body to repair and defend itself is compromised; as a result, the risk of injury or disease escalates.
- Unresolved stress can lead to chronic health problems:
 - Workplace injury (stressful working conditions interfere with safe work practices and set the stage for injuries)
 - Cardiovascular disease (heart problems, strokes)
 - Musculoskeletal disorders (especially in the back and upper-extremities)
 - Psychological disorders (depression and burnout)
 - Possible suicide, cancer, ulcer, and impaired immune function problems
 - Weaker immune system and accelerated aging process
 - Weight gain and the problems that result
- Early warning signs of job stress:
 - Headaches
 - Upset stomach
 - Sleep disturbances
 - Difficulty concentrating (reduced productivity or creativity)
 - Short temper
 - Job dissatisfaction
 - Low morale (reduced feeling of well-being/happiness)

Notes:

Instructor Tips

- **Ask workers if they have ever experienced long-term stress, and if so, how did they resolve the issue.**
- **Ask workers to share any experiences they may have had, or heard of, where job stress may have contributed to an injury or illness, and how it may have been prevented.**
- **Ask workers to give examples of how the early warning signs of job stress can lead to workplace injuries (e.g. loss of concentration can lead to misuse of a tool, causing injury).**

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