

### Bringing Yourself Back & Ready to Work

As we head into the holiday, remember that **safety doesn't stop when you leave the jobsite**. The choices we make over the holiday can have a direct impact on our ability to return to work safely and ready for the day ahead.

#### Stay Hydrated

- Stay hydrated, especially if you'll be spending time outdoors.
- Drink water throughout the day—not just when you feel thirsty.
- Dehydration can carry over into the next day and can cause:
  - Fatigue
  - Reduced concentration
  - Slower reaction times
- Avoid starting your first day back already dehydrated.



#### Focus on Rest & Recovery

Make sleep a priority. The holiday can easily turn into multiple late nights. Road construction is an environment where **every worker needs to be alert and focused from the moment they arrive**.

- Several late nights can lead to:
  - Poor judgment
  - Reduced awareness
  - Slower decision-making
  - Increased risk of injury
- Give your body enough time to recover before returning to work.
- Be mindful of alcohol consumption that can leave you physically or mentally fatigued.

#### Avoid Complacency

When we come back after a holiday, it's easy to lose focus. **Our work zones leave little room for distractions or shortcuts**. Take a few extra minutes to:

- Refocus before starting work.
- Complete your pre-task assessment.
- Inspect your equipment and PPE.
- Watch out for your coworkers.
- Avoid rushing and shortcuts.
- Stay engaged throughout the shift.

#### Most importantly, enjoy the holiday!

Spend quality time with your friends and families, relax, and make memories.

The holiday is short, but the choices you make can affect you and your coworkers, long after it's over. Make safety part of your holiday plans so we can all return ready to protect each other and get the job done safely.

