

SAFE + SOUND WEEK 2026



August 10-16, 2026

**Proudly Registered With OSHA
National Safe + Sound Initiative**



[ASMGSafety.com](https://asmgsafety.com)



Dear ASMG Team,

Welcome to OSHA Safe + Sound Week!

Each August, OSHA's nationwide Safe + Sound Week highlights the importance of strong safety and health programs across the country. It's a time to recognize progress, share successes, and recommit to improving how we protect one another every day.

This year, as we move through our busiest part of the season, it's a great opportunity to pause and refocus on what keeps us strong – our people and their shared commitment to safety and to one another. At ASMG, safety is not just a set of rules, but a shared responsibility. ***Every one of us has a role in making sure we go home safely at the end of the day, and that responsibility extends beyond the workplace into our homes, our families, and our daily lives.*** The habits that protect us on the job – staying aware, speaking up, and following safe practices – also help protect the people who count on us at home.

To support this focus, we will be highlighting a series of daily toolbox talks throughout the week. These discussions are designed to reinforce practical habits that both protect us at work and carry into everyday life. Safety doesn't stop when the shift ends. These topics are a reminder that looking out for each other, making good decisions, and setting a positive example help keep our coworkers, families, friends, and communities safe.

Thank you for your continued commitment and effort this season. Every member of the ASMG team plays a part in building a strong and safe operation, and we appreciate everything you do to support that goal.

Let's finish the season safe and sound – together!

Your Health, Safety, & Risk Management Team

Daren Gray, Director of Risk Management
Lenny Von Flatern, Risk Manager
Michael Farnham, Southern New England Safety Manager
Dave Wacker, Maine Safety Manager
Patrick Ryan, New York Safety Manager
Jesse Smith, Vermont Safety Manager
Erin Kelly, Safety Program Administrator
Jack de Bruyn Kops, Health, Safety, and Environmental Technician

Everyone Goes Home Safely, Every Day!



SAFE + SOUND WEEK 2026

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***“Everyone Goes Home Safely,
Every Day!”***



It's quite natural to think of your home as the safest place you can be. However, many serious accidents happen at home. Painful injuries, permanent disability and even death can be the result of home accidents. Falls and fires are particularly dangerous at home. The importance of safety is not confined to our workplace; it extends into our personal lives and homes. Fortunately, there is much we can do to improve the safety in our home. ***If you find hazards while you are inspecting your home, correct them now. If they require expert help, such as rewiring by an electrician, arrange to have the work done. Then make a regular safety review part of your family's routine!***

Common Home Hazards

Fire Prevention

- Test smoke alarms **monthly** and **replace batteries** as needed. If the alarm won't stop chirping, replace it.
- Keep fire extinguishers accessible and know how to use them.
- Never leave cooking unattended.
- Develop and practice a family emergency escape plan.



Carbon Monoxide Safety – An Odorless Killer

- Install carbon monoxide (CO) detectors on every level of your home and outside sleeping areas.
- Never operate generators, grills, or fuel-burning equipment inside a home, garage, or enclosed space.
- Have heating systems, fireplaces, and fuel-burning appliances inspected annually.
- If a CO alarm sounds, move everyone outdoors immediately and call emergency services.
- Test detectors monthly and replace batteries as recommended by the manufacturer.



Electrical Safety

- Do not overload outlets or power strips.
- **Replace damaged cords immediately.**
- Keep electrical devices away from water.
- Use Ground Fault Circuit Interrupter (GFCI) outlets in kitchens, bathrooms, and outdoor areas.

Safe Storage

- Store chemicals, cleaning products, and medications in their original containers.
- Keep hazardous materials out of reach of children and pets.
- Secure tools and equipment when not in use.

Seasonal Reminder – As outdoor projects increase during warmer months, remember to:

- Stay hydrated.
- Wear appropriate PPE, including safety glasses, ear plugs and gloves when needed.
- Use caution when operating lawn equipment, power tools, and grills.
- When using a ladder, find the right size for the job, inspect it first for defects and maintain 3 points of contact.
- Protect against ticks and insects by using repellent, wearing appropriate clothing, and checking for ticks after outdoor work.





Toolbox Talk Attendance Form

Supervisor / Project Manager: _____ Date: _____

PRINT NAME	SIGNATURE



5S is a philosophy applied in the workplace that helps promote efficiency and effectiveness. The 5 principles help to achieve a well-organized and safe working environment. A cluttered and untidy workplace can lead to low productivity, worker dissatisfaction, and re-occurring accidents.

1. Sort – All items, equipment, and materials should be neatly arranged, and all unnecessary objects should be removed. The objective is to reduce clutter and make it easier to locate the resources needed for work.

- Keep only necessary tools, equipment, materials, and supplies.
- **Eliminate clutter** and unnecessary objects.
- Keep work, walking, and standing areas free of trip hazards.

2. Straighten (Set in Order) – Organize items so they are easy to find, use, and return to their proper place.

- Clearly identify and store tools, equipment, and materials.
- **Label containers, storage areas, and workspaces.**
- Keep PPE requirements clearly marked.
- Ensure emergency equipment, stop switches, breakers, fire extinguishers, and exits remain visible and accessible.
- Maintain clearly marked aisles, walkways, forklift routes, and emergency egress paths.

3. Shine – Maintain a clean and orderly workplace to improve safety and productivity.

- Clean work areas, machinery, tools, and equipment regularly.
- Keep storage containers clean, organized, and in good condition.
- Maintain PPE, cleaning equipment, and safety signage in good condition and readily available.
- Follow established cleaning schedules and responsibilities.

4. Standardize – Create consistent procedures to maintain organization and cleanliness across all work areas.

- Return tools and equipment to designated locations after use.
- Keep maintenance records current and accessible.
- Dispose of waste materials regularly.
- Maintain adequate lighting, ventilation, and overall workplace conditions.

5. Sustain (Self-Discipline) – Make 5S a daily habit and continuously improve the workplace.

- Participate in routine 5S inspections and activities.
- **Take ownership** of housekeeping and organization responsibilities.
- Allocate time for regular cleanup and workplace improvements.



Check out this video for more tips!

<https://www.youtube.com/watch?v=aivUQQhNTDs>



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The U.S. construction industry has the one of highest rates of suicide at 56 per 100,000 workers, according to the CDC 2021 National Vital Statistics System. Long hours, physical labor, deadlines, weather conditions, travel, financial pressures, and time away from family can all affect mental health. Just like physical injuries, mental health challenges can impact safety, productivity, and overall well-being. It is important to treat mental health like we do physical health.

Warning Signs to Watch For:

- Increased irritability, anger, or frustration
- Difficulty concentrating or making decisions
- Changes in sleep patterns or fatigue
- Withdrawal from coworkers, friends, or family
- Loss of interest in activities normally enjoyed
- Increased use of alcohol or other substances
- Taking unusual risks or ignoring safety procedures
- Frequent absences or decline in work performance
- Decreased attention to appearance and personal hygiene
- Self-destructive behavior, including self-criticism or talk of self-harm

Prevention Tip: Don't Ignore It! Speak up to show your concern if you are worried about someone. Let them know that you've noticed they are acting differently and ask why they don't seem like themselves. Act quickly if you feel like a family member, friend, co-worker or you are in crisis.

If you notice a coworker who seems unusually withdrawn, stressed, or not acting like themselves, **a simple conversation can make a huge difference.**

- Check in with them.
- Listen without judgment.
- Encourage them to seek support.
- Notify a supervisor if there are concerns about safety or well-being.

Mental health is just as important as physical health. Asking for help is a sign of strength, not weakness.

By looking out for ourselves and each other, we create a safer, healthier workplace for everyone.

Lucet™

— Employee —
Assistance Program



Scan to learn more at
eap.lucethealth.com

Assistance Is Available

ASMG provides an Employee Assistance Program **at no cost** to its employees, household members and dependents under 26. Lucet EAP offers confidential access to counseling, coaching, tools, resources and care to help you navigate life's challenges.

Company Code: ASMG

Call 800-624-5544



Toolbox Talk Attendance Form

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PRINT NAME	SIGNATURE

Why Hydration Matters

Water is essential for your body to function properly. Even mild dehydration can affect concentration, reaction time, energy levels, and physical performance. For employees working outdoors, in hot environments, operating equipment, driving, or performing physical labor, dehydration can quickly become a serious safety concern.

Signs of Dehydration – Watch for:

- Reduced sweating
- Dark yellow urine
- Muscle cramps
- Dizziness or lightheadedness
- Dry mouth
- Headache
- Fatigue
- Thirst

Heat Illness Warning Signs – If dehydration progresses, it can lead to heat-related illness.

- **Heat Exhaustion Symptoms:** Heavy sweating, weakness, nausea, headache, dizziness and cool, clammy skin.
- **Heat Stroke Symptoms (*Medical Emergency*):** Confusion, loss of consciousness, seizures, hot, dry skin or excessive sweating and Body temperature above 103°F. ***Call emergency services immediately*** if heat stroke is suspected.

How Much Water Should You Drink? There is no single amount that fits everyone, but a good guideline is:

- **Most adults:** About **8–12 cups** of fluids per day under normal conditions.

Hydration Recommendations for Hot Weather Work Outdoors

- Drink **8 ounces of water every 15–20 minutes** when working in hot conditions depending on temperature, humidity, workload, and individual factors.
- Take regular rest breaks in shaded or cool areas.
- Replace electrolytes during prolonged sweating or work lasting several hours. You lose salt and other electrolytes when you sweat. Substantial loss of electrolytes can cause muscle cramps and other dangerous health problems.

Can You Drink Too Much Water? Yes. While uncommon, drinking excessive amounts of water in a short period can dilute the body's sodium levels and lead to a serious condition called **hyponatremia**.

Quick Hydration Check – One of the easiest ways to monitor hydration is urine color:

- Pale yellow: Well hydrated
- Dark yellow or amber: Drink more fluids
- Very dark urine or infrequent urination: Possible dehydration

**Hydration Tips for Everyone**

Hydration isn't just important for field employees. Office staff, drivers, mechanics, and supervisors can also become dehydrated, especially during warm weather, travel, or long periods of activity. Everyone should:

- ***Don't wait until you're thirsty.*** Thirst is often a sign that dehydration has already begun.
- Keep a water bottle nearby and drink water throughout the day.
- Limit excessive caffeine and sugary beverages.
- Pay attention to signs of dehydration.
- Avoid alcohol the day before working in excessive heat: Remember that hydration starts the night before.
- Drink enough water/electrolyte supplement to prevent thirst. If you're thirsty, you may have already lost about 2% of your body's fluids and it's time to replenish.



Toolbox Talk Attendance Form

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What are Toolbox Talks (TBTs)?

- TBTs are short, regularly held, focused safety meetings. They are essential for reinforcing safety culture, addressing job-specific hazards, and ensuring compliance with health and safety regulations (OSHA, MSHA, etc.).
- TBTs are considered “Micro-Learning” events which can improve workplace safety by increasing knowledge retention, worker confidence, and compliance through bite-sized and engaging content.
- **Facts:**
 - Walmart saw a 54% reduction in safety incidents after adopting microlearning campaigns.
 - At least 70% of all training in your company comes from your own people (managers, foremen, etc.)
 - Microlearning resulted in 145% better retention two weeks after training.
 - Microlearning aligns with natural cognitive processes, leveraging the brain's ability to effectively process and retain information in smaller chunks.

Importance of Regularly Conducting Toolbox Talks in Construction

- Prevents accidents and injuries
- Ensures compliance with regulations
- Educates and trains workers continuously
- Promotes a safety culture
- Improves team coordination

Importance of Obtaining Employee Signatures

- 1. Proof of Attendance and Participation**
 - Documents that each worker has received the safety information.
- 2. Reinforces Responsibility**
 - Workers are more likely to retain information they acknowledge.
 - Signing off increases personal accountability for following safety practices.
- 3. Tracking and Documentation**
 - Helps identify who has received what training and follow up with absent employees.
- 4. Legal Protection**
 - Signatures can serve as evidence that the employer and supervisor fulfilled training obligations.

***Best Practices***

- Keep toolbox talks brief (5–15 minutes).
- Tailor the topic to current site activities.
- Allow for Q&A and encourage participation.
- Use sign-in sheets with names, dates, and topics discussed.
- Store signed records securely for audit purposes.





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Supervisor / Project Manager: _____ **Date:** _____

PRINT NAME	SIGNATURE

This Safe + Sound Week, we're proud to shine a light on some of **ASMG's health & safety improvements and accomplishments**. Through teamwork, communication, and a relentless commitment to protecting one another, we've achieved measurable progress in creating a safer work environment.

HSI – Advancing Training and Safety Reporting Platform

HSI is helping us streamline safety across the company by bringing reporting, training, and safety tools into one system. HSI provides:

- Centralized incident reporting, safety checklists, and training records.
- Improved consistency and visibility across all locations and teams.
- Convenient access from both the field and office, helping keep safety our top priority.



Divisional Safety Committees' Driving Improvement

To strengthen involvement and enhance our safety culture, we recently restructured and launched three Safety Committees aligned with our core lines of business: Liquids, Materials, and Construction. These committees:

- Bring together team members from across the organization.
- Identify opportunities to improve workplace safety and reduce risk.
- Foster collaboration, accountability, and continuous improvement, ensuring safety remains a shared responsibility throughout the company.



Equipment Training Supports Safe Operations

As part of our ongoing commitment to continuous improvement and employee development, we continue to provide mechanized equipment training such as Manlift Operator Training and Forklift Train-the-Trainer Certifications. While these training programs have long been a part of our operations, we are placing a heightened emphasis on training and development this year. These programs help ensure employees have the knowledge and skills needed to operate equipment safely and effectively.



Strengthening Lockout/Tagout Procedures Across Our Operations

To enhance consistency and strengthen our hazardous energy control program, we have begun a company-wide initiative to update and standardize our site-specific Lockout/Tagout (LOTO) procedures. This effort includes:

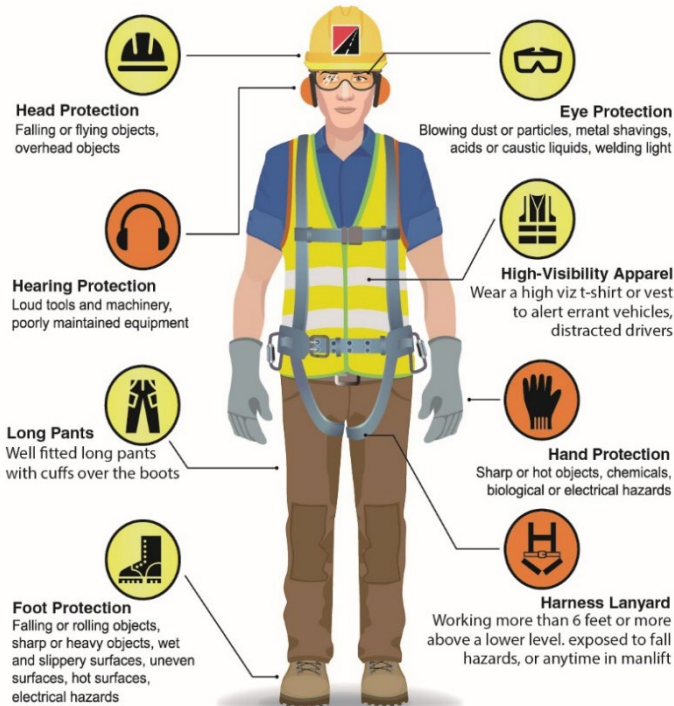
- Aligning procedure formats across our locations.
- Conducting on-site reviews to verify equipment information and ensure procedures accurately reflect current operations.
- Improving the effectiveness of our LOTO program and helping employees safely perform maintenance and servicing activities.



PPE AT ASMG

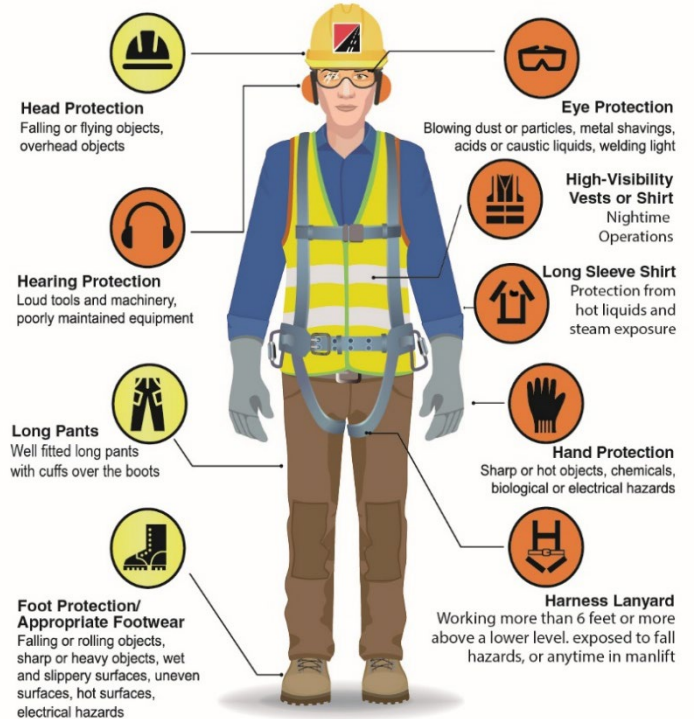
GENERAL USE

 Required  As Needed

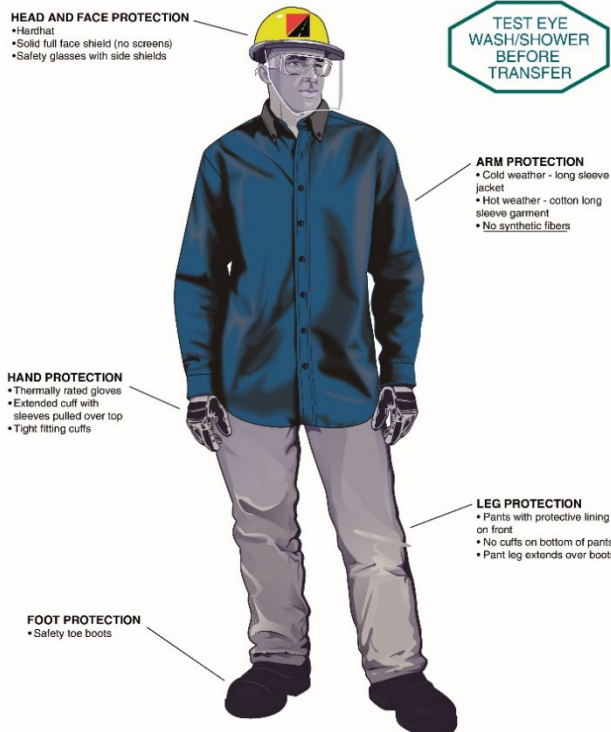


LIQUID TERMINALS

 Required  As Needed



TRANSFER OPERATIONS



CHEMICAL HANDLING



Anyone within 15' of active operation must be in the same PPE

2026 ASMG Safety Focus Areas

Company Wide
Housekeeping
Personal Protective Equipment (PPE)

Construction Division
Driver and Personal Awareness
Asphalt Burns and Treatment
Equipment Safe Use and Training

Materials Division
Driver Safety and Awareness
Dust Control and Mitigation
Mechanical Equipment Safe Use and Training

Liquid Division
Tank Level Management
Liquid Burns, Treatment and Prevention
Mechanical Equipment Safe Use and Training

Transport Division
Driver Safety and Awareness
Material Loading and Offloading
Asphalt Burns and Treatment



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