

**Daily Toolbox Talk: Identifying High Energy Hazards**  
**Tuesday, May 6, 2025**

Safety is not just the absence of incidents; it is the presence of effective controls. To foster a truly safe environment, we must prioritize the identification and control of jobsite hazards, with a deliberate focus on high energy hazards, also known, at some organizations, as Stuff That Could Kill You (STCKY). Eliminating these high energy hazards begins with identifying the hazards associated with the task. The second step is to ensure that controls are implemented prior to beginning work.

Our families depend on us to return home after shift. By understanding and addressing the risks associated with hazardous energy, we can ensure the safety and well-being of all team members.

**Focus on High Energy Hazards (STCKY) Recognition**

High energy hazards can lead to serious injuries or fatalities if not properly controlled. Recognizing them is crucial for prevention since research has shown that regardless of years of experience or level of expertise, workers only identify 45% of the hazards they face during the work shift. Examples of high energy hazards that are frequently seen on construction sites include:

**Motion** - Equipment, machinery, trucks, traveling public

**Picks & Lifts** - Crane work, excavator, loader, forklift lifting or carrying any materials

**Falls** - Fall from heights, falling objects, materials, and tools

**Pinches or Crushes** - Conveyor systems, material crushing, moving parts and machinery

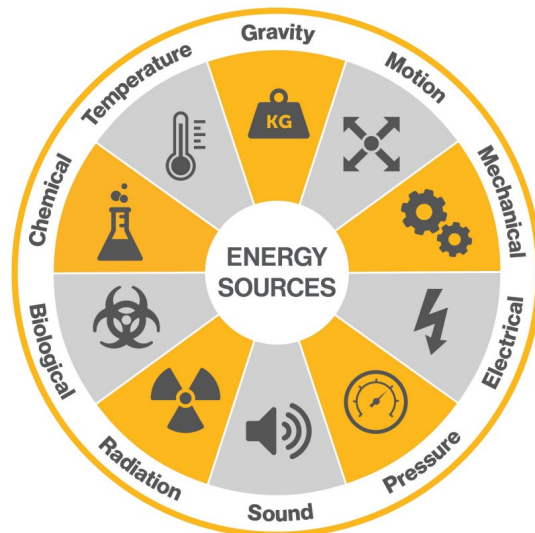
**Stressed & Tensioned** - Release of stored energy, hydraulic, pneumatic, gravity, steam

**Shock/Electrical** – Power lines, electrical cords, circuit breakers, arc flashes

**Toxic & Flammable** - Hazardous materials, chemicals, fires

**Others** – Ask the group to discuss what high energy hazards they work around

The energy wheel has been developed as a tool to assist in the identification of high energy or STCKY hazards. Use this tool during pre-task planning, safety audits, and throughout the day as a resource to help identify high energy hazards. The energy wheel is not something extra you have to do, it is a tool to help us be even more effective at things we are already doing.



**Collective Responsibility**

Safety is a shared duty across all organizational levels. Everyone must feel empowered to identify hazards and take action to implement controls.

1. Encourage open communication with craft professionals about jobsite hazards.
2. Focus on high energy hazards throughout the day.
3. Ensure that all necessary controls are in place prior to beginning every task, and maintained as needed throughout the work.
4. Stop work if conditions or the plan changes. Verify controls are implemented.



5. Follow processes and procedures to eliminate high energy hazards.

Eliminating high energy hazards requires vigilance and collective commitment. By prioritizing hazard recognition and implementing effective controls, we can create a safer work environment for all.

