



SAFETY

Nebraska Building Chapter

AGC Safety Initiative E-News July 27, 2022

OUR Safety MISSION: Help each other enforce safety rules to ensure that every person on construction site goes home safe and healthy at end of the workday.

Calendar of Events – [Learn more](#)

OSHA has extended its [revised National Emphasis Program on COVID-19](#) until further notice.

Co-worker gratitude may help our hearts react better to stress

Saying “thank you” and expressing other forms of gratitude to co-workers can lead to better cardiovascular response in high-stress situations, results of a recent study show. Researchers at the University of California, San Diego divided 190 students into teams. Each team was given six minutes to create a product pitch and marketing plan for a bicycle that other students could ride on campus. They were given another six minutes to present that product pitch and marketing plan to a panel of judges, with the winning team receiving \$200.

“It’s essentially an impossible task,” senior researcher Christopher Oveis, an associate professor of economics and strategy at the university, said in a press release. “The experiment is designed to create a maximally stressful environment so we can gauge how gratitude shapes stress response during teamwork because most people spend a third or more of their daily lives at work.”

The teams were randomly assigned to either express gratitude among their members or not express any gratitude. The participants’ biological responses – recorded via electrodes on their neck and torso and a blood pressure cuff on their arm – were then compared. While developing the pitch and marketing plan, members of the control teams had decreased blood flow and an increase in constricted blood vessels. An expression of gratitude eliminated those responses. Additionally, teammates who expressed gratitude to each other showed improved blood flow while presenting to the judges.

Oveis and his fellow researchers note that repeated exposure to stress is linked to cardiovascular disease, cognitive impairment and weakened immunity. “Gratitude expressions within work environments may be key to managing our day-to-day stress responses as well as optimizing how we respond during high-pressure performance tasks like product pitches, so that we can make our stress responses fuel performance instead of harm it. But at their core, gratitude expressions play a fundamental role in strengthening our relationships at work.”

How to Sleep Better with Tech

1. Try to maintain a routine by going to sleep and waking up at the same time, including weekends. You can use a smartphone app like Alarmy which forces you to complete an action to turn the alarm off.
2. Keep your bedroom for sleeping in and avoid other activities like watching TV or working in bed.
3. Writing down your stresses and worries can help to eliminate going over these worries when you're laying in bed. You can use a free app like Evernote to jot down your thoughts, allowing you to come back to them at another time if you need to.

4. Jet lag can be extremely disruptive to your sleep schedule. If you need to adjust your sleep schedule, do so gradually by one to two hours each night, rather than shocking your body by doing it in one go. You can set a timer on your phone, tablet, or computer, or invest in a physical timer that can keep you on track.
5. Bright lights aren't ideal in the run-up to sleep. However, they are incredibly useful during the day and have a knock-on effect on how well you sleep at night. Try to expose yourself to as much light during the day or invest in a sunlight therapy lamp if there isn't enough natural light available.

Safety Initiative Goals:

As an AGC Nebraska Building Chapter member, are you participating with:

- 100% of all AGC members and other contractors on AGC jobsites enforcing OSHA standards as they apply to falls, electrical safety and possible another topic.
- 100% of all AGC members will have set their own company goals to improve safety in their firm and have a way to measure progress towards the goal.
- 100% of all AGC members will encourage and support all contractors on their jobsites to set their own company goals for improving safety.