



**SAFETY**

Nebraska Building Chapter

## AGC Safety Initiative E-News

September 29, 2021

**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](#)

[COVID-19 Resources Update](#) Updated information with quick references available.

**GC & SC ROUNDTABLE:** Communicating in a Crisis

**\*\*Approved TWO CEUs for Omaha Building Contractor License\*\***

**Thursday, September 30 | 3:00-5:00 pm | Round the Bend Steakhouse Conference Center, Ashland**

Thirty years of work destroyed in 30 seconds. This is what can happen if your company or organization mismanages an accident, explosion, strike, or a multitude of other crisis situations. With speaker, **Anthony Huey**. **This program is appropriate for EVERYONE including management, PMs, Superintendents, Communications, and Safety Professionals.** In-Person Event. [Click here](#) for more information and to register.

**QUALITY PEOPLE AWARDS**--NOMINATE A CO-WORKER--Individual Member Recognition Awards.

[Nomination forms](#) are due **September 30**--there is NO entry fee. [Click here](#) for details.

### **Risk dial lowered as COVID-19 cases drop in Lincoln, but mask mandate extended**

COVID-19 cases have continued to decline in Lancaster County, an encouraging sign that has spurred the Lincoln-Lancaster County Health Department to lower its risk dial for the first time in months.

But it's not enough to end the county's mask mandate. **Health Director Pat Lopez on Tuesday announced the mask mandate, set to expire Thursday, would be extended another month as part of a new directed health measure.** At the same time, Lopez said the county's COVID-19 risk dial has dropped from mid-orange to low-orange, signaling that while the risk of spread is still high, it is slightly less than it has been in recent weeks. The dial had been in mid-orange since Aug. 24 after climbing steadily since July. [Read more.](#)

### **How do you manage importance during peak pressure moments?**

The secret is to understand that how you perceive the stakes in any given situation can be controlled. When you get into peak pressure moments, all you can think about is how important [the stakes are], what you might gain, what you might lose. Somewhat counterintuitively, as you approach peak pressure moments, your job shifts from pulling importance close to making sure that you are not carrying it with you into the moment.

A four-step technique for defusing the stakes in peak pressure moments.

1. **Ask yourself what's not at stake.** "What are the things that are going to be there regardless of how the presentation to the board goes?" asked Jensen. "For instance, your family is still going to be waiting for you at home when you get out of this thing an hour from now, regardless of how it goes. That question—what is not at stake?—helps disassemble some of the manufactured importance that we often layer on peak pressure moments."
2. **Avoid the anxiety spiral.** Often, leaders exaggerate the stakes in peak pressure moments. "It's not just the deal that is at stake; it's [the thought] that if I don't make the deal, I am going to look like a fraud

or like I'm just not good enough to do this," said Jensen. To counter this tendency, he recommends seeking evidence for the stakes you associate with a challenge, being objective by asking yourself how you would view someone who didn't succeed in meeting that challenge, and, if you're still unsure whether a stake is real, giving yourself the benefit of the doubt.

3. **Let go of ego-driven stakes.** Just as we tend to [give leaders too much credit—and blame](#)—for the performance of their companies, so too, do leaders themselves. "You only need to own how you acquit yourself. All the other stuff—share price, revenue, profits—are only partly within your control," said Jensen. "If it's only important to your ego, let it go before peak pressure moments."
4. **Gauge what is truly urgent.** Manufactured urgency distracts from performance in peak pressure moments. "Urgency is based on the belief that you need to act now, or else," wrote Jensen in his book. "Ask yourself two questions: 1. What is the worst thing that can happen if I force action *now*? 2. What is the worst thing that can happen if I *delay*?" If the answers suggest that a peak pressure moment just feels urgent and could be better dealt with at a later time, give yourself a break and postpone it.

Peak pressure moments are riddled with anxiety that leaders need to manage, not ignore. "Pressure is your friend in these moments. It's where energy comes from. It's what gives you the ability to be a better version of yourself," said Jensen. "The job here is to embrace pressure, and the only way to embrace it is to anticipate the anxiety that comes with it and prepare for it."

### **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.