SAMPLE, Involved Safety Meeting Activity:

Activity: The Good Life

Estimated Time: 20 Minutes

Materials Needed: 3x5 Cards and pens/pencils for each person in the meeting.

Reference materials: See Below.

The ISMA:

With each person having a card and pen, ask them the following questions, one at a time, giving them appropriate time to write the answers. Once finished, the card is to be folded and carried by the worker as a reminder of what they hold.

- The First names of your immediate family. (Include: spouse, children, grandchildren, brothers and sisters etc.)
- Put an “X” next to the names of those that are dependent on you.
- If you have children or grandchildren list the activities that they are involved in that you like to watch.
- List your closest friends.
- List the organizations that you are involved in.
- List your hobbies.
- List your dreams.

The Take-a-ways:

The card and list of names that the card holds is a reminder to each worker of the fullness of each person’s life. We have a lot of people depending on us, depending on us to be safe and make it home each day. If we place ourselves at-risk, we risk loosing all that we hold.

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