

100 Safety Topics for Daily Toolbox Talks

Ten categories, ten topics each - pick the category that matches the week's work and run one five-minute topic per day. Full talks (English + Spanish, with quiz and sign-in sheet) for many topics at salussafety.io/us/toolbox-talks.

01 · FALLS & WORKING AT HEIGHT Caídas y trabajo en altura

#	TOPIC	DATE RUN
1	Fall protection basics: the 6-foot trigger	
2	Harness fit and pre-use inspection	
3	Anchor points: approved vs. convenient	
4	Leading edges and warning lines	
5	Floor and roof openings: covers that hold	
6	Scaffolding: inspection before every shift	
7	Aerial and scissor lifts	
8	Suspended-worker rescue planning	
9	Skylights and fragile surfaces	
10	Working over water or equipment below	

02 · LADDERS & ACCESS Escaleras y accesos

#	TOPIC	DATE RUN
11	Ladder inspection and tag-out	
12	The 4-to-1 rule and 3-foot extension	
13	Three points of contact	
14	Choosing lift or scaffold over ladder	
15	Stepadders: spreaders locked, top steps off-limits	
16	Job-made ladders and stair towers	
17	Carrying tools while climbing	
18	Ladder setup on uneven or soft ground	
19	Securing ladders at the top	
20	Stairways: housekeeping and handrails	

03 · HEAT, COLD & WEATHER Calor, frío y clima

#	TOPIC	DATE RUN
21	Heat stress: water, rest, shade	
22	Acclimatization for new and returning workers	

#	TOPIC	DATE RUN
23	Heat stroke vs. heat exhaustion: the response	
24	Sun exposure and UV protection	
25	Cold stress and layering	
26	Winter driving to and between sites	
27	High wind: hoisting, sheathing, and debris	
28	Lightning: when to stop and where to go	
29	Rain: slick surfaces and trench water	
30	Ice and snow on walking surfaces	

04 · ELECTRICAL Electricidad

#	TOPIC	DATE RUN
31	GFCI protection on temporary power	
32	Extension cord inspection and routing	
33	Overhead power line clearances	
34	Underground utilities: locate before you dig	
35	Lockout/tagout basics for construction	
36	Damaged tools and cords: out of service	
37	Working near energized panels	
38	Portable generators: grounding and CO	
39	Temporary lighting circuits	
40	Wet locations and electrical work	

05 · EXCAVATION & UNDERGROUND Excavación y trabajo subterráneo

#	TOPIC	DATE RUN
41	Trench protective systems: the 5-foot trigger	
42	Competent person inspections	
43	Spoil piles and edge loading	
44	Safe access and egress in trenches	
45	Water accumulation and reassessment	
46	Utility strikes: gas, electric, fiber	
47	Adjacent structures and undermining	
48	Soil classification in plain language	
49	Equipment near the edge	
50	Confined spaces in underground work	

06 · EQUIPMENT & STRUCK-BY Equipo pesado y golpes

#	TOPIC	DATE RUN
51	Struck-by prevention: separation first	
52	Blind spots and backing zones	
53	Spotter signals and positioning	
54	Swing radius exclusion zones	
55	Seat belts and rollover protection	
56	Crane loads: never under a suspended load	
57	Rigging inspection basics	
58	Forklift and telehandler traffic	
59	Dropped objects: securing tools at height	
60	Public and vehicle traffic control	

07 · HEALTH & EXPOSURES Salud y exposiciones

#	TOPIC	DATE RUN
61	Silica dust: control before you cut	
62	Hearing protection and noise zones	
63	Hand-arm vibration	
64	Welding fumes and ventilation	
65	Asbestos and lead in renovation work	
66	Hazard communication: labels and SDS	
67	Carbon monoxide from engines and heaters	
68	Fatigue and long shifts	
69	Mental health and suicide prevention in construction	
70	Opioids and impairment awareness	

08 · PPE Equipo de protección personal

#	TOPIC	DATE RUN
71	Eye and face protection by task	
72	Hard hats: condition, fit, and replacement	
73	High-visibility clothing	
74	Gloves: matching the glove to the hazard	
75	Foot protection and puncture hazards	
76	Respirators: seal checks and storage	
77	Hearing protection: when and which	

#	TOPIC	DATE RUN
78	PPE in hot weather	
79	Caring for and inspecting PPE	
80	The last quick task without PPE	

09 · HOUSEKEEPING & FIRE Orden, limpieza y fuego

#	TOPIC	DATE RUN
81	Housekeeping: paths, storage, debris	
82	Slips, trips, and same-level falls	
83	Material stacking and storage	
84	Fire extinguishers: type and use	
85	Hot work permits and fire watch	
86	Flammable liquids and fuel storage	
87	Compressed gas cylinders	
88	Waste and dumpster areas	
89	Emergency exits and muster points	
90	End-of-shift shutdown walk	

10 · PLANNING, TOOLS & FIRST AID Planificación, herramientas y primeros auxilios

#	TOPIC	DATE RUN
91	Hand and power tool inspection	
92	Pre-task planning: JHA in five minutes	
93	Stop-work authority: everyone has it	
94	New worker orientation and buddying	
95	Near-miss reporting: why it matters	
96	First aid: kits, trained people, addresses	
97	Incident response: the first 10 minutes	
98	Working alone and check-in procedures	
99	Site security and visitors	
100	Communication across languages on the crew	

Free toolbox talk from salussafety.io/us/toolbox-talks - educational material, not legal advice. Library reviewed July 17, 2026 by Ben Sleeman, Credentialed safety reviewer. Verify regulatory citations at time of use.

Toolbox Talk Sign-In Sheet

Attendance record for the talk above. Reviewers (OSHA, GC, ISNetworld/Avetta) expect topic, date, presenter identity, and attendee signatures.

Project / location

Date and time

Topic:

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

Concerns raised and follow-up actions (owner, due date)