ZURICH
Resilience Solutions

ZRS Safety Week Guide

STCKY-Stuff that can kill you

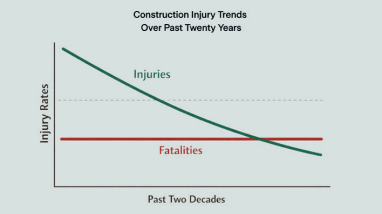
What and Why

Purpose:

This toolbox talk focuses on identifying and controlling high-energy hazards that have the potential to cause serious injury or fatality. The STCKY concept helps crews recognize risks that may not be obvious during routine work.

What is STCKY?

STCKY stands for "Stuff That Can Kill You." These are high-energy hazards commonly present on construction sites that can result in life-altering injuries or fatalities if not properly controlled. In the industry, traditional injury rates may improve while fatality rates have stayed the same. STCKY exposures remain, making hazard recognition critical.



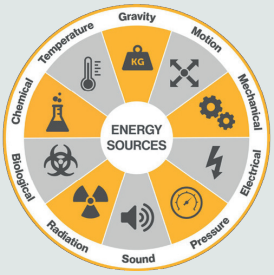
Best Practices

Near Miss Learning:

Near misses should be treated as learning opportunities. Events may be classified as "STCKY Luck" when controls fail but injury does not occur, or "STCKY Successful" when controls effectively prevent injury. Understanding near misses helps strengthen safety systems and reduce reliance on luck.

Best Practices for Crews:

- Identify STCKY hazards and controls before starting work
- Discuss high-energy hazards during daily pre-task planning
- Use engineered controls and proper sequencing
- Stop work if conditions change or hazards are not controlled
- Report near misses and unsafe conditions immediately



STCKY Wheel:

High Risk Activities and Hazard Wheel

High Risk Activities (HRA):

High Risk Activities are common construction operations with a high potential for serious loss. These activities are predictable and can be effectively controlled through planning, design, and supervision. Examples include work at heights, crane operations, structural steel erection, excavation, and heavy equipment interaction.

STCKY Wheel – Hazard Recognition Tool:

The STCKY Wheel is used to identify high-energy hazards such as gravity, motion, electrical, pressure, mechanical, and chemical energy. Using this tool during pre-task planning improves hazard recognition and helps crews move beyond obvious risks. Research has shown - during typical pre-task plan briefings, 45% of hazards were identified, but when the Energy Wheel is used, recognition rates improve by 30%.

Discussion

- What STCKY hazards are present in today's work?
- What controls are in place to reduce exposure to these STCKY hazards?
- What do you do if you discover a STCKY hazard?
- Does anyone have any STCKY incident stories you would like to share?

Daily safety briefings are used to identify driving hazards.
The foreman and crew should develop a plan to reduce or eliminate these risks before work.

CONSTRUCTION SAFETY WEEK

Attendance Form
Safety Meeting Sign in Sheet

Topic: _____ Date: _____

Trainer: _____ Location: _____

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Comments/Feedback:

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Contact us to learn more:

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