

# How to Conduct a Tailgate Talk

*A Tailgate Talk is a brief training session on a single safety topic, typically held around the tailgate of a truck or another convenient spot. It should last 10-15 minutes with a small group of workers.*

## KEY POINTS

- Choose one safety topic per session.
- Keep it short and concise.
- Hold sessions with 6-10 workers.
- Ensure the location is comfortable and safe.
- Allow time for questions and answers.
- Document the training.

## CHOOSE SAFETY TOPICS

- Focus on recent events or ask employees for suggestions.
- Use newsletters and local news for additional ideas.

## PLAN LOGISTICS

- Limit sessions to 6-10 workers.
- Hold sessions earlier in the week (avoid Monday mornings).
- Conduct sessions weekly, dedicating specific time for training.
- Keep sessions under 15 minutes.

## PREPARE AND CONDUCT THE SESSION

- Include visual aids and handouts.
- Familiarize yourself with the materials beforehand.
- Keep the presentation informal and avoid technical jargon.
- Involve workers in the discussion.
- Allow time for questions and have workers sign a training acknowledgment sheet.



## Contact Us

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# Louisiana's Tailgate Talk Series

## Dealing with Stress



The Louisiana Local Technical Assistance Program (LTAP) Center serves training needs of local transportation agencies.

We are part of the Louisiana Transportation Research Center (LTRC), which is a cooperative effort between the Louisiana Department of Transportation and Development (DOTD), the Federal Highway Administration (FHWA), and Louisiana State University (LSU).

## Timely Safety Briefings

## Dealing with Stress Tips

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Stress is a common occurrence that many of us are faced with everyday, but we might not know how to deal with it. It can occur not only from negative life experiences, but also from positive ones. We react and deal with stress differently, but common symptoms include upset stomach, fatigue, tight neck muscles, irritability and headaches.

### Accept What You Can't Control

Some situations are simply out of our hands. Instead of dwelling on what you can't change, try shifting your mindset. Remind yourself: "This is a learning experience," or "One day, I'll look back and laugh." Positive thinking can help reduce anxiety and build resilience.

### Focus on the Positive

Look for the silver lining. Ask yourself: "What can I learn from this?" or "How might this help me grow?" When you focus on solutions and personal growth, stress becomes easier to manage and less overwhelming.

### Keep Things in Perspective

Try to take a step back. Ask yourself: "How important is this in the big picture?" "Can I actually do something about it?" or "Will this still matter five years from now?" Gaining perspective can help reduce immediate stress and bring clarity to the situation.

While managing your mindset is an important part of handling stress, it's also helpful to take practical steps on the job to reduce stress where you can. Here are some actions you can take to manage stress more effectively in the workplace:

### Start a Conversation

Talk with your supervisor about your workload or stressors. A supportive workplace benefits everyone, and open communication can lead to practical solutions.

### Build Better Habits

Identify areas where you can improve, like time management or organization, and consider resources or tools that can help you grow.

### Clarify Expectations

Make sure you understand your responsibilities and what success looks like. Don't hesitate to ask for the tools or support you need from your team.

### Find Meaning in Your Work

Look for opportunities to take on tasks that challenge you or align with your interests—it can help make your job feel more fulfilling.

### Improve Your Environment

Adjust your workspace to reduce discomfort and distractions. Small changes, like better lighting or seating, can make a big difference.

## Resources

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### APA Coping with Stress at Work

<https://www.apa.org/topics/healthy-workplaces/work-stress>

### CDC Dealing with Stress and Violence in the Workplace

<https://www.apa.org/topics/healthy-workplaces/work-stress>

## Tailgate Talk Resources

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### Louisiana LTAP

<https://www.ltrc.lsu.edu/ltap/tailgate-talks.html>

### NLTAPA

<https://nltapa.org/informationexchange/nltapa-tailgate-talks/>

### T2 Tailgate Talks

[https://www.cti.uconn.edu/cti/T2\\_Tailgate\\_Talks.asp](https://www.cti.uconn.edu/cti/T2_Tailgate_Talks.asp)

