



SKILLSIGNAL

# TOOLBOX TALK

*BAMO: The Tactical Reset (Breathe and Move On)*

<b>TOPIC NO.</b> TBT 02	<b>DURATION</b> 10 to 15 min	<b>AUDIENCE</b> All Crew
<b>PROJECT / JOBSITE</b>	<b>DATE</b>	<b>PRESENTED BY</b>

## 01 THE HOOK

### START HERE

*Ever had a sub completely botch a measurement? A delivery show up three hours late? A Super get in your face first thing in the morning? Usually, that ruins your next four hours. You're simmering, your heart rate is up, and your focus is shot. In the Special Ops world, they call this a stress spiral. In construction, we call it a shortcut to an accident.*

## 02 WHAT IS BAMO?

It stands for **Breathe and Move On**. It's a tactical tool used by elite performers to stay steady when the sh\*t hits the fan. The whole idea is creating a gap between the *event* (the problem) and your *reaction* (the solution). That gap is where you keep your edge.

## 03 THE 2-STEP PROCESS

STEP

1

### BREATHE

Use the **Tactical Breath**. Inhale for 4 seconds. Hold for 2. Exhale for 6. That long exhale is the most important part. It's a hack for your nervous system. It tells your brain: *we aren't in a life-or-death fight, we can think clearly now.*

STEP

2

### MOVE ON

Acknowledge the mess, but don't live in it. The mistake already happened. Dwelling on it won't fix it. Ask yourself: ***what is the most productive thing I can do right now?*** Then do it.

## 04 WHY IT MATTERS

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### [ JOBSITE ]

#### FOR THE CREW

BAMO stops the chain reaction of mistakes. One bad mood leads to one bad decision, which leads to a safety violation. BAMO breaks that chain before it ever starts.

### [ INDIVIDUAL ]

#### FOR YOU

Your recovery time gets faster. Instead of being pissed off for half the day, you're back to 100% in 90 seconds. That's hours of productive focus you get back.

### [ HOME ]

#### FOR LIFE OFF-SITE

Think about the road rage, or the argument at the dinner table. BAMO is the ultimate tool for not letting a 10-second moment ruin a 10-hour night.

## 05 TODAY'S DRILL

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### TODAY'S DRILL ONE BREATH, THEN CALL

Next time something goes sideways today, don't react right away. Stop. Do one BAMO breath. Count to ten. Then make the call. One breath is all it takes to stop the spiral before it starts.

## 06 CREW DISCUSSION

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*Take 2 minutes. Pick one.*

1. Think of the last time something on this job set you off. How long did you stay in that headspace?
2. What's a trigger you already know is coming this week? How will you BAMO through it?
3. Has a 10-second moment ever ruined a 10-hour night at home? What would BAMO have changed?

