

## SAFE WORK HABITS



Avoid risk and painful injuries on and off the job by taking control of activities that increases the potential for inattention that lead to accidents. Thinking, developing, and practicing safe work habits on and off the job is essential for taking control.

➤ **Safe work habit #1 – Look for motion and avoid harm from mayhem**

When in motion or things around are moving, like equipment and machinery, there is risk for running into something, being struck, or caught in between the movement. Stay alert for mayhem.

➤ **Safe work habit #2 – Look for surface changes and conditions to prevent slips and falls**

When there is a change in levels or surface conditions, there is a risk of slips and falls. Look for balance, reach for support like handrails, and take smaller steps.

➤ **Safe work habit #3 – Think of physical activity relative to exceeding physical capacity**

When you are about to undertake physical activity, there is a risk of strains, sprains, and lifting injuries. Push rather than pull, test the weight, and ask for help.

## ATTENTION = PREVENTION



Four primary states of mind lead to inattention, increasing the risk of incident<sup>1</sup>. Attention leads to prevention and safe work habits lead to control. Conscious awareness of these states of mind is the first step to taking control. Thinking, developing, and practicing safe work habits are essential for reducing incidents and injuries on and off the job.

**Rushing**

A sense of urgency, haste, or doing more than one thing at a time results in reduced attention.

**Frustration**

A sense of worry, disappointment, or stress results in reduced attention.

**Fatigue**

Feeling tired, weary, or exhausted reduces the capacity to perform a function that disrupts ability to be attentive.

**Complacency**

When we do one thing while thinking of another and we are not being as attentive as we can be

1 – THIRD GENERATION SAFETY – *The Missing Piece* by Cristian Sylvestre

