

Safety-Gram

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Safety Does Not Take a Vacation

It's time for fun in the sun, beach time, BBQ's, travel plans, time spent with your family and friends.....it's easy to understand how our minds can wander elsewhere and our focus can diminish. Our jobs are full of hazards, and as we get busier, we must take the time to stay focused on our safety policy and procedures. **We cannot afford to let our minds wander away from what matters the most, ourselves and co-workers going home at the end of the day!**



WHAT IS COMPLACENCY?

Self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies.

THIS IS THE MOST DANGEROUS PART OF OUR DAY!

The Dangers

Some of the contributing factors that cause our minds to wander off task is rushing, fatigue, frustration, **complacency**, anger, etc. These emotions and states of mind can contribute to the making of critical mistakes. All your good habits and training can go out the window and risky behavior takes over.

- **Not Watching What We're Doing.** Most of us have had our fingers pinched in a car door at one time or another. Now if we'd had our eyes on what we were doing, our reactions would have taken over and we would have jerked our hand out of the way. Not watching what we were doing took away our ability to react.
- **Not Concentrating on What We're Doing.** Not all hazards are visible. Some hazards must be thought about and prepared for. We need to know they are lurking even if we can't immediately detect them with our eyes. Examples: A hot stove, a film of oil on the roadway, and electricity. We need to concentrate on the task we're performing so that we can recognize and avoid the hazards.
- **Being in or Moving into the "Line of Fire".** Failing to recognize that we are in the line of fire is another cause of accidents. It's often the result of not keeping our eyes and mind on the task at hand.
- **Multi-tasking** – We are conditioned to believe that multi-tasking is efficient, but successful multi-taskers are rare. Multi-tasking dilutes your focus. Every time your mind switches gears, you lose a little time. Most of us can't talk on the phone, read email, and give instructions at the same time – and do so efficiently.

We encourage everyone to reflect on the reasons you work safe and use this as motivation to stay focused throughout your shift.