FIVE BEHAVIORAL SAFETY TRAPS

1 Lack of Awareness

I'm making toast and need a plate so I lean over the hot toaster to grab one. I burn myself.

WHAT:
Lack of awareness can cause accidents when you perform repetitive tasks

WHY:
We create a false sense of safety when we're in familiar situations and surroundings

HOW TO STOP:
Become hyper-aware of your surroundings. Here's how:

- Don't depend on the assessment of others, trust your eyes
- Debate yourself to ensure all possibilities are considered
- Ask all the questions
- Don't rush

2 Unintentional Pressure

My boss asked me "How long are you going to be?" three times today. Turns out we are going to miss a deadline and he just wants to update the customer.

WHAT:
Unintentional pressure can cause a team to rush through the project

WHY:
People are unaware of how their actions impact the team's actions

HOW TO STOP:
Remain approachable and clearly explain why you need the information

3 Fear Factor

I know this piece of equipment is too heavy to carry and I should ask for help. But I don't want to look weak and hold up the job.

WHAT:
Fear makes us do things we know we should not do

WHY:
We worry about what others think and don't want to let anyone down

HOW TO STOP:
Face the fear, admit it's an issue and talk openly about fear

4 Lack of Concentration

I can't stop thinking about my uncle in the hospital. He's stable and has family with him, but – and oh, I need to get the brakes fixed. Now where was I?

WHAT:
Lack of concentration causes our minds to drift off at any moment

WHY:
When we're used to a routine, we can easily get distracted by internal reminders

HOW TO STOP:
Train the mind not to disturb you. Quickly hear the internal reminder and say to yourself: "Not now, I'm busy"

5 Diminishing Risk

I need to change a light bulb – the stepladder is heavy and it's in the shed in the backyard and it's raining. I'm just going to use a chair.

WHAT:
Diminishing the risk by making a mental excuse

WHY:
So we can do it the way we perceive will be easier and take less time

HOW TO STOP:
Listen for these words:

- The chance is very slim
- I'll be extra careful
- It won't happen to me
- It will only take a few minutes
- I'm just
- It's only

Information provided by Safety Improvers. For more information, contact your safety manager.