It’s All About Attitude

How often do you think about safety on the job? If your answer is “not very much,” or, “only when a co-worker gets hurt,” then it is time to develop a new attitude toward safety. Having a good attitude means doing the best job you can and taking care on the job. A positive mental attitude toward safety will pay off in countless ways—saving you money, keeping your job or even saving your life. Why wait until you lose something precious before realizing how easy it would have been to save it? Now is the best time to develop a good attitude toward safety.

Here are five steps for developing this type of attitude:

1. **Focus.** A good attitude means you are focused on the task at hand.
2. **Time.** A good attitude means taking time to do the job right
3. **Strength.** This is not necessarily muscle strength, but the mental strength to do what is right.
4. **Responsibility.** If you care about yourself and others at work, you will take responsibility even if a certain task is not yours to complete.
5. **Risk.** There is no way of avoiding all risks. However, you can assess the risks associated with a particular task and take steps to minimize the chances of an injury.

Your attitude toward safety is a habit that affects everyone, not just at work but also at home.

**Safety Distractions**
There are many reasons why employees are distracted from the tasks they are performing, and often these distractions can lead to accidents and injuries. Some common reasons for loss of job focus include:

- Not getting a full night’s sleep
- Attempting to work while ill or injured
- Focusing on personal matters or other thoughts not associated with the task in hand
- Trying to complete tasks in a hurry
- Working while angry or upset
- Not paying full attention to a specific task
- Talking with coworkers about subjects not related to work
Some important tips

• Be sure to get appropriate training when on a new job. Having a good attitude toward safety includes being willing to listen, learn and not assume that you know it all.
• Always put safety first, even if it means taking longer to get the job done.
• Dress appropriately for the job. Use PPE when required and wear clothing that will not get caught in moving parts.
• Attend all safety meetings and training sessions. Listen and participate. Ask questions about anything that is not understood.
• Think about the consequences of not having the right attitude toward safety. If a distraction results in serious injury, how will your family members feel? What if you are left with a permanent disability and unable to work? Who would support your family? If you have children, how would this injury affect them?
It’s All About Attitude Quiz

The following statements should be answered with “True” or “False.” Answers below.

1. It is best to get the job done as quickly as possible and worry about safety issues only if they occur.
2. Adopting a safe working attitudes means taking ownership of a safety concern that may not be your responsibility.
3. Even with an illness, all work can be completed just the same.
4. The appropriate PPE should be worn for every task.
5. As long as you physically attend safety meetings and training sessions you will always be safe, even if you do not listen to some parts.

Employee Name: ______________________________________________

Signature: ___________________________________ Date: ________________

Answers:
1. False
2. True
3. False
4. True
5. False