

Take safety with you

Introduction:

What does it mean to “take safety with you?”

It may mean something different for each of you. It could mean drive defensively and wear your seat belt. Or it could mean use firearms safely when hunting. Or use good safety practices at home, for example, wear suitable shoes when mowing the lawn; wear safety glasses while hammering nails; turn off a circuit breaker doing electrical work, and the list goes on and on.

Think of safety as a lifestyle

We want everyone to make it a habit to think about safety during your workday, on your way home, while at home and even when you’re on vacation. When you practice safety continuously, it becomes natural and part of everything you do. Your behaviors are based on safety.

So, think about safety before you start any job or task. Be observant of risk factors and plan accordingly. Take extra time to help ensure an accident won’t happen, especially when you are going to do something that’s new to you or when the risk factors are highest. For example, when lighting the pilot light on your furnace, working on a ladder or lifting heavy objects.

Even if you’ve done the task many times, like shoveling snow or mowing the grass, don’t become complacent and forget to be mindful of the potential for sprains and strains or that you’re dealing with a potentially dangerous piece of equipment.

Think it through

Ask yourself these questions at work and home:

- What are the risk factors associated with what I’m about to do?
- Do I know the safe way to do this job or task? Do I really understand or do I need to think it through a bit more?
- What personal protective equipment do I need? Is it adequate?
- What tools and equipment do I need to do the job safely? Are they in good condition? Do I know how to use them?
- Will my task involve risk to other people? Maybe my co-workers, a family member or a friend? How can I ensure their safety too?
- What if something happens unexpectedly? Will I know how to respond?
- What might cause me to consider taking a short-cut; and is it really worth the potential for serious injury? The answer is no!

Keep thinking safety

How often should you think about safety? Constantly! Safety is something you should automatically consider in everything you do.

Are you at the place where your personal safety is of primary importance? And do you believe the safety of others is nothing to chance? If not, why not?