



Kickstart Safety with Good Habits!

People should work on their safety habits all year long—but there's typically more motivation to build new habits in January with a New Year's resolution.

Good habits are important because they are what you automatically do when you're not thinking. This means that having good habits can protect you when you're complacent and aren't thinking about hazards or other risks. Talking about our safety habits in a group setting can create personal accountability and it will help people at every level put the work in for habit development.

1. **Stay Alert** - The more alert, awake and aware you are the more likely that you will be able to recognize hazards and unsafe conditions and the less likely that you will get hurt.
2. **Set Your Own Standards** - Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember that the blindness you may suffer will be yours to live with.
3. **Operate Equipment Only if Qualified** - Your supervisor may not realize you have never done the job before. You have the responsibility of letting your supervisor know so that the necessary training can be provided.
4. **Respect Machinery** - If you put something in a machines' way, it will crush it, pinch it or cut it. Make sure the guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power before placing your hands in the point of operation.
5. **Use the Right Tools** - If you need a hammer, get a hammer. If you need a pry bar, get one of those. It may be handier to use a pair of pliers, wrench, screwdriver or your fist instead of the right tool, but you have only yourself to blame if you hurt yourself or someone else because you used a tool to do something for which it was not designed.
6. **Use Your Own Initiative for Safety Protection** - You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need. Never fail to report accidents, defective equipment or unsafe conditions.



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Toolbox Talks are provided as a courtesy to SWPA members. Please remember they are to assist you in developing a safety plan. Keep in mind OSHA, Department of Labor and Insurance requirements may change over time and it is your responsibility to make sure your safety plan is up to date. Reference: OSHA, Safetytalk, FRA

