



How Do Accidents Happen?



MONTHLY
SAFETY
BRIEF
Aug 2003
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The accident begins with your state of mind. Check out your:



☑ **Attitude** – Make safety your #1 priority. That means NOT taking chances or shortcuts and NOT ignoring a safety device to get a job done faster. Remember, a job done efficiently is a job done safely.

☑ **Emotions** – Runaway emotions – anger, frustration, worry and stress – can cause you to ignore danger. Don't vent your feeling on people or equipment. Act on the basis of what you know and not what you feel.

☑ **Awareness** – Fatigue, stress and use of drugs (legal or illegal) can affect your ability to think and act safely. Remember, too, alcohol distorts judgment, vision and coordination. And trying to operate a powerful machine when you have a hangover is also dangerous.

☑ **Work Habits** – Develop good work habits. Know the hazards of your job and the proper protective measures to take. Stay alert for hidden hazards. Remember to look out for the other person's safety, too.

