



Maintaining Good Safety Habits

Since the inception of ICRMP in 1985, our most frequent cause of Property/Casualty claims has been auto claims. No other claim category comes close. The bad news: auto crashes are frequent and severe for Idaho local government agencies. The good news is that auto crashes can be reduced by focusing on safe driving!

Maintaining Good Safety Habits

We all have habits – both good and bad – that become so much a part of us that we don't give them a second thought. But while some habits are benign, other habits can lead to injury or death. For example, you may habitually put your left glove on before your right glove, but the order you put your gloves on has no effect on the outcome. However, fail to put gloves on and you may sustain a hand injury.

Below is a sampling of good and bad safety habits. The good safety habits that you should adopt vary from person to person depending on your work duties. One way to self-evaluate your habits is to look at each task you carry out and ask yourself, "How can I complete this task efficiently and with minimal risk to myself or others?" Be honest with yourself when looking at your habits to pinpoint those poor habits that you should drop and the good safety habits that you should adopt.

- Ø Try to avoid multi-tasking.
- Ø Turn your cell phone off while driving.
- Ø Never operate equipment for which you are not qualified.
- Ø Don't ignore safety signs.
- Ø Do not engage in horseplay or distract other workers.
- Ø Do not neglect proper care of your personal protection equipment.
- Ø Do not use broken or malfunctioning equipment.
- Ø Do not become overconfident.
- Ø Do not shut off or circumvent a machine safeguard.
- Ø Never ignore a safety hazard.

- + Be aware of your surroundings at all times.
- + Practice good housekeeping.
- + Take the time to follow proper procedures.
- + Use the appropriate personal protective equipment for the job.
- + Don't be afraid to ask for help.
- + Report unsafe conditions immediately.
- + Review your Emergency Action Plan regularly.
- + Practice proper lifting technique.
- + Wear your seatbelt.
- + Maintain a healthy lifestyle.

Source: From AMLJIA Safety Minute (2010)

Discuss:

Have you or someone you know ever had a "close call" regarding safety?