

Take Two

Nearly everyone at one time or another has echoed the words, "I just wasn't thinking", when they performed an activity that had less than desirable results. In some instances, this behavior results in something as frustrating as locking the keys in the car. In some cases, these behaviors can cause significantly more serious problems.

No one wants to get hurt and no one wants to spend the entire day thinking about safety. For that reason, it is essential that people learn to Take Two before they begin a new activity. Many people check their pockets for their keys before they lock the door. Others may check the stove to make sure it is off before they leave the house. These things take little or no time and can save a person from being locked out of their house or, even worse, starting a fire. These same principles are very effective in reducing injuries at work.

Many people have worked at a job long enough for their behaviors to become habit. Unfortunately, it is when a job becomes routine that the risk of injury can go up. This is demonstrated by sports teams who have played in several easy games so they let-up and are defeated by a less talented or skilled team. In work environments, the results of letting up can be much more dangerous and even life threatening.

Being safe means keeping alert and looking for situations that may put yourself or fellow employees at risk. One of the ways to accomplish this is to Take Two. Stop for two seconds and think about the activity you are preparing to do. Is there a safer way to do it? Were you thinking about taking a shortcut? Taking two seconds can and will make a difference.



TAKE TWO

Talking Notes

POINTS TO REVIEW

1. When something becomes routine we no longer pay attention to how we are doing it.

People perform out of habit when they have been doing the same activity or task for a long time. We also rely on habits when we are hurried or under pressure. Unfortunately, habits do not require any thought and for this reason can increase our risk of injury.

2. A little thought can prevent a habit from turning into an injury.

Taking two seconds to think something through, or at least get your mind on what you are doing can save time in the long run.

QUESTIONS FOR DISCUSSION

1. In your job, what situations would a *take two* be appropriate?

2. What would be some possible consequences of not *taking two* in your job?

3. What situations make it difficult to *take two* and why?

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