An often overlooked aspect of safety is your attitude. A negative attitude towards safety can impact job performance and increases your chance of getting injured. Maintaining a positive attitude will help reinforce the importance of safety procedures and equipment. The following Safety Talk will discuss how a negative attitude can result in unsafe acts and how to maintain a positive attitude while working at Colby.

**How to Stay Positive about Safety:**

- **Follow all safety rules** at all times. The rules are there for your and your colleagues’ safety.
- **Take responsibility** for your own safety. Report any injuries to a supervisor immediately.
- **Be serious** about safety, do not take shortcuts!
- **Do the best you can—not the fastest you can.** Avoid completing tasks in a hurry, and put safety first.
- **Look out for hazards.** Be aware of your surroundings and potential hazards.
- **Use all necessary PPE.**
- **Listen and learn** about the safety protocols in the workplace.
- **Get help, if needed.** Don’t try to do everything on your own, especially when having help would make the task safer. Be team oriented.
Common Negative Attitudes to Avoid:

- **Carelessness**: Careless acts are the most common cause of workplace accidents and are also one of the most preventable. Take the time and energy to do each task correctly and never take shortcuts.

- **Complacency**: Complacency results from having completed a task many times without a problem and subsequently giving that task less than your full attention (also known as operating on “auto pilot”). No matter how many times a task is done, it’s important to give it your full attention every time and be aware of the job hazards.

- **Distraction**: Working while distracted is not only unsafe, but often leads to poor quality of work.

- **Fatigue**: Tiredness can cause complacency, carelessness, and lower reaction time, possibly leading to injury to yourself or others. Do your best to be well rested at work.

- **Strong Emotions**: Although sometimes impossible to avoid, strong emotions can cause recklessness and distraction that can impair your positive attitude toward work and safety, it is better to take the time to calm yourself down than to be unsafe.

- **Recklessness**: Taking chances in the workplace when your safety or the safety of others is at stake can be irresponsible and dangerous. Be sure to know how to safely operate equipment and how to complete each task before beginning. Also, be sure to ask questions rather than being reckless in order to prevent injury and unsafe acts.

**The Numbers:**

- **90%** of injuries are caused by unsafe acts, most of which are the result of carelessness, distraction, or complacency

- **$156 billion** The cost annually of non-fatal work-related injuries per year

- **5,200** fatalities per year are due to workplace accidents & injuries in the US
### Safety Attitude

**Questions/Discussion:**

1. What are some negative attitudes to avoid? Why?
2. Why is a positive safety attitude important?
3. Can you think of any times where you have had a negative attitude? What were the consequences? How could you have changed that attitude?

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*Questions, concerns or comments contact the EHS Director at extension 5504.*