



TAKE 4 SECONDS FOR SAFETY

Many of us have heard the saying “Stop – Think – Act”.

Or maybe even heard of “STAR” (Stop – Think – Act – Respond).

For College of Ag we’d like to suggest a “reset”.

Reset and refocus on safety.

Simply take a four-second “reset”. Take four seconds before starting your next task. Refocus your attention to the task at hand. This act of refocusing has been shown to reduce the probability of an injury by more than 90% versus not taking the four seconds. How hard is that? You may have done the task you are about to perform thousands of times before. In your mind, you know that you could do it with your eyes closed. It is usually not the task itself but some small thing you did not anticipate that causes the incident. You did not notice the debris in front of the tool you were going to pick up. You did not notice drain cover missing in the mechanical space. You did not realize how heavy a piece of equipment is that you were trying to move.

It is easy to imagine the different activities we do every day and how this applies. For example, getting in a van or work truck and having a quick look around. We change our thinking from where we are going to focusing on the area, students walking nearby, road conditions, and other vehicles and so on. This is the “reset” we are talking about.

Believe it or not, four seconds is all it takes. Get in this habit of taking four seconds and you significantly reduce your chance of injury. If you get into the habit of taking chances or simply cruising from job to job, on auto pilot, you will eventually be injured.

This four second reset was first instituted on CN Rail. This was part of a strategy to reduce the number of very serious incidents they were having including many amputation injuries. What they found was that their employee knew the rule or procedure to do the job without getting injured but were simply not focused. Even well rested employees were getting caught up in the routine of the day and found themselves daydreaming or thinking about other things. This four second “reset” is an excellent way to refocus on the job at hand.

LET’S RESET FOR SAFETY!

