## What?
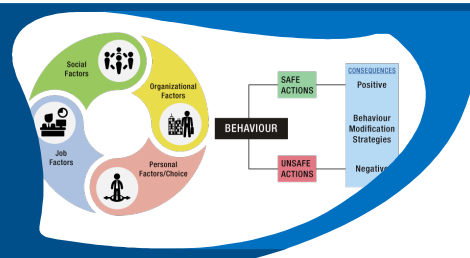
- We all have minor accidents and near misses in our everyday lives, at work, at home and while we are driving
- These incidents happen because we may not be concentrating on the task in hand
- These concentration behaviours relate to Rushing, Frustration, Fatigue and Complacency which if left to go unchecked can result in critical errors such as "eyes or mind not on task", "putting yourself in the line-of- fire" or "losing balance, traction or grip" increasing the risk of injury

## Why?

- No one intentionally makes mistakes or deliberately tries to injure themselves and usually something unexpected or unplanned occurs to increase the danger
- Therefore unless people remain alert to these unexpected events and keep focussed on what they are doing to avoid critical errors, accidents will happen resulting in injury or ill-health
- The more critical errors you make, the more likely you are to be involved in an incident so it's very important to recognise the things that lead to critical errors and then to take effective action to eliminate them
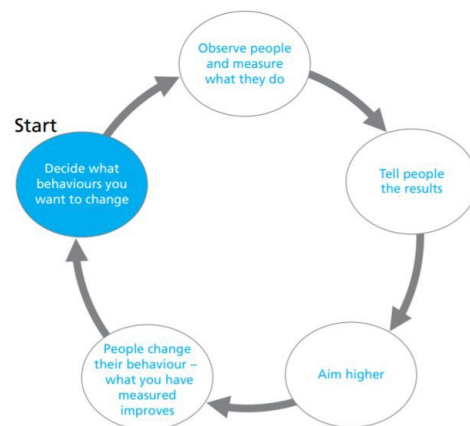


## Do ✅

- ☑ Always look where you are going
- ☑ Check what`s around you before moving
- ☑ Remain focussed on what you are doing
- ☑ Watch out for hazards
- ☑ Keep well clear of possible dangers
- ☑ Make sure you maintain good balance
- ☑ Avoid making critical errors
- ☑ Analyse close calls and correct mistakes
- ☑ Recognise and address poor behaviours
- ☑ Work on changing bad habits
- ☑ Report unsafe conditions and take appropriate action

## Don't ❌

- ☒ Rush or speed especially in hazardous areas
- ☒ Become frustrated by conflicting priorities or other pressures; stop and think
- ☒ Lose concentration because of tiredness
- ☒ Put yourself in the line of fire
- ☒ Get complacent; follow correct procedures
- ☒ Take short cuts or easy options to save time
- ☒ Make assumptions -always double check
- ☒ Ignore unsafe conditions - take action
- ☒ Make any movements without first looking
- ☒ Repeat mistakes - correct them by improving your behaviour to eliminate critical