



Rutherford County Safety Training

10 Accident Traps



Course Outline

Objectives

- Become familiar with 10 accident traps that we all tend to fall into from time to time
- Know how to indentify and react to the accident traps in your workplace

Assessment

- 5 question quiz

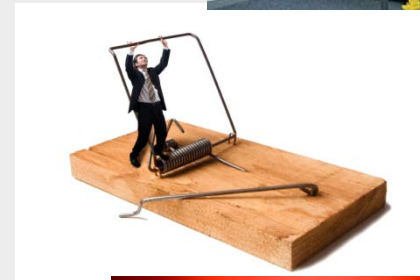




The Accident Traps

Accident traps can be defined as single or multiple circumstances that result in an undesirable consequence. In safety terms they are hazards in disguise.

1. **Change/Off of the Normal**
2. **Distractions/Interruptions**
3. **Beginning & Ending of the Workday**
4. **Mental Stress**
5. **Multi-Tasking**
6. **Overconfidence**
7. **Peer Pressure**
8. **Physical Environment**
9. **Time Pressure**
10. **Vague Instructions**





Change/Off of the Normal

The **Hazard**: Change/Off of the normal

Accidents occur many times when conditions or procedures change or when situations are different from what you expected.

The **Safety** :

Once you notice something is different, STOP and evaluate the situation. If you know procedures have changed, take the time to familiarize yourself and others with the change.



Distractions/Interruptions

The **Hazard**: Distractions & Interruptions

Something causing you to lose focus on the task at hand (e.g., sudden noise, another employee asking questions, or even pain from an illness/ailment).

The **Safety** :

You may not be able to prevent distractions or interruptions but you can train yourself to safely handle them.

If your task at hand involves risk, discipline yourself to maintain focus until the task is complete (e.g., turn your cell phone off/silent while you are driving, this will keep you from fumbling around for a ringing phone when you should be watching the road)



Beginning & Ending of the Workday

The **Hazard**: Beginning & Ending of the Workday

Studies show that the majority of work related accidents occur at the beginning and end of a workday. We struggle to be mentally or physically prepared to perform our task at the beginning of the day and lose focus at the end of the day.

The **Safety** :

Safety starts with your lifestyle, just as the doctor would tell you; get plenty of rest, exercise and eat a well balanced diet. A healthy lifestyle will keep you alert and focused throughout your shift.



Mental Stress

The **Hazard**: Mental Stress

Emotional factors can interfere with your ability to perform a job safely. Mental stress reduces your ability to focus on job tasks and increases your chances of making unsafe decisions.

The **Safety** :

Talk with a supervisor or seek help through the Employee Assistance Program(EAP). Rutherford Co. provides employees free confidential counseling through LifeServices EAP. To speak to someone or to schedule an appointment, call: 1-800-822-4847



Multi-Tasking

The **Hazard**: Multi-Tasking

Now more than ever, you feel pressured to perform more than one task within a given period of time. Your brain can not focus on more than one thing at time, so when you try, one of the two things will get substandard attention.

The **Safety**:

The key to multi-tasking safely is Managing not Performing more than one task at a time(e.g., Texting and Walking).



Overconfidence

The **Hazard:** Overconfidence

We believe that we can complete the job without the appropriate equipment, knowledge, time, manpower, and planning. This overconfidence tempts us to let our guards down and increases our chance of injury.

The **Safety:**

Confront the **complacent** employees who constantly lets their guard down. We have all been in the shoes of the overconfident worker and the confronter. Ask yourself, what is the right thing to do?



Peer Pressure

The **Hazard:** Peer Pressure

You feel pressured to complete a job a certain way (e.g., without proper knowledge or without assistance) because of the influence from your peers.

The **Safety:**

You have a choice when it comes to influencing fellow employees. Ensure the Peer Pressure is to encourage co-workers to follow standard operating procedures.



Physical Environment

The **Hazard**: Physical Environment

Work areas that have wet floors, slopes, heavy equipment, blind spots, high storage, loading docks, confined space, and other dangerous entities.

The **Safety**:

Two words will sum it up, *Situational Awareness*. Become familiar with the physical hazards around you and be prepared to handle them.



Time Pressure

The **Hazard**: Time Pressure

When we feel rushed to complete job tasks we are more likely to take shortcuts. In many cases the shortcuts are safety related (e.g., not putting out wet floor signs or using a chair to stand in).

The **Safety**:

Always remember the job stays at work but an injury will follow you home. Ask yourself, is a few seconds saved from a shortcut worth the four or more hours in the ER?



Vague Instructions

The **Hazard:** Vague Instructions

Instructions that are vague or hard to understand not only result in tasks not being completed on-time or correctly but lead to many accidents, injuries, and fatalities each day.

The **Safety:**

Before starting any task, ensure you understand the instructions and that you follow standard operating procedures.



Safety Training Contact

For answers to questions, interactive discussion or other information related to *10 Accident Traps*, please contact:

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Quiz

Click on the link below to take a 5-Question Quiz.

https://secure.rutherfordcountyttn.gov/accident_traps/

You must take the quiz to receive credit for the Safety Training.

Once you have linked to the quiz, please enter your Social Security Number at the top. You will need to enter it according to the example shown (ex. 999-99-9999 with hyphens included). Once finished with the questions, please click the submit button and your training will be recorded.