

## 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 so be on the look out for accident traps like the ones listed below:



1. **Change/Off of the Normal**— Be aware if something changes your normal routine.
2. **Distractions/Interruptions**— Watch out for things that disrupt your attention to detail.
3. **Beginning & Ending of the Workday**— Our focus is lowest during these time periods.
4. **Mental Stress**— Emotional factors lead to risky behavior and inability to focus on job tasks.
5. **Multi-Tasking**— The practice of trying to do many things at one time is a safety hazard in itself. The key to this term is: *Managing* not *Performing* more than one thing at a time.
6. **Overconfidence**— Don't let your ego become bigger than your health and wellbeing.
7. **Peer Pressure**— Don't be afraid to follow the rules, instead pressure your peers to be safe.
8. **Physical Environment**— Become familiar with your surrounding: *Situational Awareness*.
9. **Time Pressure**— Short cuts involve taking risk and in most cases eliminate safety steps.
10. **Vague Instructions**— Common quote found in accident investigations “I didn't understand the instructions”.



## We like to Share! Do you?



We learn to share as children and continue to practice this deed of giving our time, talent and money as adults. In “*Lifetime Physical Fitness and Wellness: A Personalized Program*” the Hoegers indicate the effects of Altruism on Wellness. (For a full copy of the paper, please [ctrl/click here](#)).

Altruism seems to enhance health and longevity. Research has found that health benefits are so powerful that doing good for others is good for oneself, especially for the immune system. Altruism is also known to be a stress reducer. Maybe it is truly better to give than receive!

This past week our Alabama neighbors were ravaged by 23 confirmed tornadoes. So in the coming weeks, remember them. Share what you can. It may be your time, supplies, extra clothes, or blood donations. Some of their communities are in ruin and unlike Haiti or Japan...we are close enough to help.