

# Safety-Gram

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### Attitude & Workplace Safety: Check Yourself Today

When you're on the job, you perform safety checks on your PPE, equipment, and machinery, but do you check your *attitude* for safety? A negative attitude at work can lead to complacency, carelessness, distraction or dangerous shortcuts while working. A bad attitude can result in unsafe behavior, and unsafe behavior leads to incidents that can result in damage to equipment or worse – injury to yourself or others.

#### How to Overhaul Your Attitude:

1. **Identify the Problem.** First, **recognize** whether you're feeling positive or negative. **Ask yourself** before each shift: "How's my attitude today? Will it help me be a safe, efficient worker?" If you're feeling negative, ask yourself:
2. **What's the Source?** Think about the **source** of your negative attitude. Is it a co-worker? A supervisor? A safety problem? A personal issue? **Take note** of the source of your negative mood. Then:
3. **Tackle It.** It's not always easy, but you must **take the time** to address what is causing your negative mood. If it's a work-related issue, have a **constructive conversation** with a co-worker or supervisor. If the issue needs more discussion, reach out to a higher level of management. If your problem is personal, talk with your supervisor or, if available, use your company's **employee assistance program (EAP)** that provides counseling referrals and other resources.
4. **Remain Aware.** Just as you perform daily safety-checks on PPE and equipment, it is important to do **daily self-checks** on your attitude. If you find you are having more negative thoughts and conversations than positive ones, you probably need to **improve your attitude**. There will always be problems and stressors in life; don't let the stressors negatively affect your attitude for an extended period of time.



**A bad attitude is like a flat tire: You can't go anywhere until you change it.**

#### ⇒ Ask Yourself ⇐

- *Do you think a person's attitude has an effect on their safety? Why or why not?*
- *How can a negative attitude lead to complacency towards safety hazards?*
- *Do you think attitudes are contagious? How does your attitude affect others?*
- *How's your attitude? Can it use a tune-up?*