



Safety Message of the Day for IMEA Members



Habits Safety Message

We all have habits that we follow on a daily or weekly basis. These habits have a major effect on our life. They also affect the choices we make at work. The choice to follow a safety procedure on any given day could be affected by a habit you have had for years.

Your habits may be leading you to consistently take shortcuts and not follow safety procedures. Are there certain safety procedures you always follow and others that you rarely follow? Why do you choose to follow one safety procedure but not the other?

Pay attention to the habits you hold on to and how they affect you daily. How many of these habits are positive ones, and how many are negative? Look at the choices you make at work, and if they lead to negative behaviors, then look at changing them. By addressing the trigger or experiencing a different reward for your behaviors, you may find a way to change bad habits.