

Human Factors

INJURY PREVENTION

DATE 07/11/2025

Objective: Raise awareness about human factors that contribute to workplace injuries and encourage proactive behavior to prevent incidents.

1. Recognizing the Four Critical States

Many workplace injuries happen not only because of physical hazards, but also due to mental and emotional states. These four states significantly increase the risk:

- **Rushing** – Moving too fast, skipping steps, or safety checks.
- **Frustration** – Emotional stress that clouds judgment.
- **Fatigue** – Tiredness that affects focus and reaction time.
- **Complacency** – Overconfidence or inattention due to routine.

Action Step: Be aware of these states in yourself and your coworkers. Awareness is the first step to prevention.

2. Adjusting Activities in the Moment

If you notice you're in a high-risk state, pause and reset:

- Can I slow down and do this more carefully?
- Is there a safer method I can use?

Real-time adjustments can prevent accidents.

3. Reinforcing Mental Focus

Supervisors and leaders should reinforce:

- Keeping your **mind on task**





- **Slowing down** before beginning a job
- Using **safety checklists and briefings**

Frequent reminders and check-ins help maintain a strong safety mindset.

4. Changing Perceptions of Slips, Trips, and Falls

These are often underestimated but can have serious consequences. Encourage a mindset shift:

- Think of how your injury could impact the **whole team**
 - Extra workload on others
 - Lost skills and experience
 - Lower team morale

Team Message: Everyone plays a role in keeping the site safe.

Closing Thought:

You may not always control the environment, but you **can control your mindset and response**. Stay aware, stay focused, and protect yourself and your team.

SIGN-IN AND ACKNOWLEDGMENT

Name	Signature	Date