



Training Solutions, Delivered!

THINK AND BE SAFE

(Concise)

Leader's Guide, Fact Sheet & Quiz

Item Number: 3933

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

3933 THINK AND BE SAFE (Concise) FACT SHEET

LENGTH: 9 MINUTES

PROGRAM SYNOPSIS:

While working as a firefighter and a paramedic, Martin Lesperance frequently hears injury victims say “I just wasn’t thinking” or “I didn’t think.” If not thinking about safety can cause injury, pain, suffering and death, thinking about safety could prevent harm; thinking about safety could prevent injury, pain, suffering and death. In this live presentation, Martin uses his on-the-job experiences to show that taking a moment to think and act can have a huge impact on our lives and the lives of our families.

PROGRAM OBJECTIVES:

After watching the program, the participant will be able to explain the following:

- Why we must think about the repercussions of our actions;
- Why we must continually think about safety while performing a job;
- Why we must think about how our actions impact others;

INSTRUCTIONAL CONTENT:

“I DIDN’T THINK”

- As a firefighter, paramedic and safety speaker, Martin Lesperance has seen a lot of injuries firsthand. One thing he hears a lot from people injured at their homes is “I just wasn’t thinking” or “I didn’t think.”
- He also hears the same thing at the workplace. “I didn’t think I needed my hardhat” or “I didn’t think anyone would get hurt; we were just goofing around.”
- Even though these injury victims didn’t think then, they are going to have a lot of time to think about their mistakes and a lot of time to think about their injuries.
- If not thinking about safety can cause injury, pain, suffering and death, thinking about safety could prevent harm; thinking about safety could prevent injury, pain, suffering and death.

THINK OF THE REPERCUSSIONS OF YOUR ACTIONS

Martin goes on to discuss more common repercussions that affect thousands of people each and every day: mind-numbing and excruciating pain, loss of mobility, loss of self worth, financial loss, not being able to play with kids or grandchildren and loss of quality of life.

“What we’ve just done is taken a few seconds to think of the repercussions of an injury. We’ve just thought about the repercussions of our actions. Now, if we do this on a regular basis, if we do this before we start a job, if we do this before we get behind the wheel and if we do this before we climb a ladder or any other task where we could be injured, we will be a lot safer,” concludes Martin.

THINK BEFORE YOU ACT

Martin says we may have heard this idea a million times before and still wonder what we are supposed to think about before we act. One thing we should be thinking about is making sure we’re going to complete a job safely before we start it.

“For example, if you’re going to carry an item from one area to another area, don’t just go up, pick it up and start carrying it. Take a couple of seconds and think about how you plan to lift it. Is it heavy? Or you have to get help or maybe you’re going to use an assist device. What route you plan to travel when you’re carrying it? Are there any hazards along the way? Is there anything you could trip on? And where are you going to put it when you get there?” Martin asks.

Thinking the job through from start to finish is a great way to stay safe, according to Martin. The more complex the job, the more thinking and planning you may have to do. That’s why many jobs have written procedures that are designed to ensure every part of the job is considered before the job is started, especially controlling the hazards, he says.

“Written procedures help you think because when we think a job through from start to finish, when we gather the proper tools together, when we wear the proper PPE and we know and use the procedures that are necessary to finish the job safely, we will be a lot safer,” says Martin.

MAKE THINKING AN ONGOING PROCESS

Thinking about a job from start to finish is a great way to stay safe, but we also have to continually think while doing the job, according to Martin. “Have you ever been driving somewhere and missed your turn? You probably have. Now, when this happened, when you actually went by your turn, what were you thinking about? I’ll bet you were thinking about something else. You weren’t thinking about your driving. Some of us may have even gone through a red light because we failed to continually think about the task at hand: our driving,” says Martin.

He says that there are equally disastrous results from distracted working. He uses a person working on a punch press on a Friday afternoon as example. The guy has a fishing trip planned for the weekend. Before you know it, he’s looking down his hand that has every bone in it smashed.

“When you notice your thoughts starting to wander away from the task at hand, when you notice your thoughts starting to wander away from your safety, you have to make a conscious effort to reel those thoughts back in. And this doesn’t matter if you’re driving a car, working a punch press or cutting up some vegetables in the kitchen,” Martin says.

THINK ABOUT THE RATIO OF RISK TO REWARD

“Maybe you’re at home or maybe you’re at the workplace. You’re doing a job and you don’t want to wear the PPE. Maybe you thought it was too uncomfortable, maybe you thought it would take too long to go and get it, to put it on. Suddenly, you lose an eye. You’re now blinded in this eye for the rest of your life and you have to wear a glass eyeball or a patch to cover up the ugly hole where your eye used to be. Was the ratio of risk worth the reward? Was it worth it to save those 20 seconds? You tell me.”

THINK ABOUT YOUR IMPACT ON OTHERS

Martin notes that even if you don’t get hurt, you can still do damage. For example, when your children see you driving without a seatbelt or riding without a helmet, you are setting an example that will have a huge impact on them and the choices they make for the rest of their lives. “Let’s say you have 25 years on the job and they just hire an 18-year-old worker and the boss tells you to show them the ropes. Remember back when you were that age, on your first job? I know I do and I was quite naive. And I wanted to impress the other workers so I would take risks and I would take chances that I wouldn’t even consider taking now. I was young and I was impressionable. I watched what the older workers did. See, now you may be the more mature worker. The new hires are going to be watching you, so do them a favor. Show them the right way to do things, show them the safe way to do things. And whatever you do, don’t teach them how to kill themselves,” says Martin.

“So think about the example you are setting because you are setting an example. Make sure it’s a good example, not a bad example,” he concludes.

ACTING ON OUR THINKING

- We not only have to think about our safety, but we have to act on our thinking.
- You can sit in a corner and think about safety until you’re blue in the face and you won’t be any safer if you don’t put those thoughts into action.

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ANSWERS TO THE REVIEW QUIZ

1. b

2. b

3. b

4. a

5. c

6. b

7. a

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REVIEW QUIZ

The following questions are provided to determine how well you understand the information presented in this program.

Name _____ Date _____

1. The speaker in the video, Martin Lesperance, hears what common comment from victims when responding to accident scenes?
 - a. It wasn't my fault
 - b. I just didn't think
 - c. It happened so fast

2. Just thinking about safety in general is enough to keep you from being injured.
 - a. True
 - b. False

3. Thinking a job through from start to finish before you attempt the task is all you need to do to stay safe.
 - a. True
 - b. False

4. You have to continually think about what you're doing while performing a task.
 - a. True
 - b. False

5. What should you do when you notice your thoughts starting to wander from your job task?
 - a. Daydream about your weekend plans
 - b. Take a break
 - c. Make a conscious effort to bring your thoughts back to your task and your safety

6. When taking risks, the consequences are usually the worth the risk for the reward.
 - a. True
 - b. False

7. Thinking about our safety is not enough, we have to act on our thinking too.
 - a. True
 - b. False