



Training Solutions, Delivered!

**SAFETY FIRST:**  
***Be Proud of That***  
***(3-Minute Safety Song)***

**Leader's Guide, Fact Sheet  
& Quiz**

Item Number: 5213  
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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.

**5213 SAFETY FIRST: *Be Proud of That***  
**(3-Minute Safety Song)**  
**FACT SHEET**

**LENGTH: 3 MINUTES**

**PROGRAM SYNOPSIS:**

This unique program is an upbeat music video that reinforces the importance of working safely. The song lyrics and imagery underscore the importance of always following safe work practices, wearing PPE and speaking up for safety. Viewers will be inspired to “put safety first.”

Some of the important points reinforced by the program include:

- The consequences of unsafe acts last forever.
- The risk of performing an unsafe act is not worth the cost.
- Even when outnumbered by unsafe coworkers, you should continue your safety efforts because they will eventually take hold and influence others.
- When safety mistakes are made, it is essential for coworkers to speak up to prevent an unsafe act.
- It’s important for each individual to make safety a habit and have a deep safety commitment.
- Working safely does more than protect one individual from injury; working safely reinforces the safety culture and makes everyone safer.
- There is always a risk of incident or injury and the only way to minimize this risk is to always put safety first and avoid risk-taking and shortcuts.

**PROGRAM OBJECTIVES:**

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

- Why the risk of taking shortcuts is not worth the cost;
- Why you should continue your safety efforts even though you are outnumbered by unsafe coworkers;
- Why it is essential to speak up to prevent unsafe acts;
- Why each individual must be deeply committed to safety and make safety a habit;
- Why putting safety first and avoiding risk-taking and shortcuts is the only way to minimize risk.

**INSTRUCTIONAL CONTENT:**

**SONG LYRICS & THEIR EXPLANATIONS**

***The explanations of the song’s lyrics, written in bold below, offer an opportunity for further discussions with the training participants.***

“Some people think that safety is just not worth the time;  
For our safety effort, they won’t even pay a dime.  
They pay too much attention to the minutes ticking by,  
throwing caution to the wind, just to save a little time.”

**This stanza describes those workers who are complacent or whose safety commitment is not strong enough to resist the temptation of a shortcut. In most cases, saving time is the primary temptation that leads these workers to commit an unsafe act.**

“It only takes a moment for tragedy to strike;  
If safety had been your focus, things would have been alright.  
Hindsight is 20/20, but regret won’t pay the bills;  
If you choose time over safety, ask a widow how she feels.”

**This stanza emphasizes that a workplace incident can happen quickly, in just a moment, and that to prevent incidents, safety must always be the focus. The time to think about safety must be before a job is begun, because the consequences of unsafe acts last forever. The reference to a widow represents the possible outcome of an unsafe act and that taking a chance in order to save time is not worth the risk.**

“Man, you should have done this, and you should have done that;  
If you’d put safety first, you wouldn’t be where you’re at.  
When you don’t take time for safety, you risk a lot you can’t get back;  
If you’d taken time to think it through, you could’ve stopped that.”

**This particular chorus reinforces the importance of taking time for safety and thinking a task through before beginning work. It also reinforces that safe work practices should have been followed to prevent the incident and shows the unfortunate consequences that resulted from unsafe behavior. It goes on to remind the viewer that the risk of performing an unsafe act is not worth the cost.**

“Now, safety isn’t easy and it’s hard to toe the line,  
when you’re the only one who cares enough to take the time.  
But safety is like fashion; it takes time to start the trend;  
But when a good example’s set, the others will jump in.”

**This stanza admits that it’s not always easy to put safety first, especially when the number of unsafe workers outnumber the number of safe workers. However, it offers encouragement for safety advocates to continue their efforts because eventually the safety message will begin to take hold and spread through the organization.**

“People are not perfect and of course they make mistakes;  
When they let their guard down, there are risks that they might take.  
This is why we must speak up when we see that safety’s slipped;  
To choose to look the other way can cause a costly trip.”

**This stanza expresses the importance of speaking up to prevent unsafe acts. Nobody is perfect, and when safety mistakes are made, it is essential for coworkers to speak up to prevent an unsafe act. The consequences of not speaking up can lead to serious incidents and injuries or worse.**

“Man, you should have done this, and you should have done that;  
If you’d put safety first, you wouldn’t be where you’re at.  
If you don’t speak up for safety, you risk a lot you can’t get back;  
If you hadn’t looked the other way, you could’ve stopped that.”

**This particular chorus reinforces the importance of speaking up for safety and not looking the other way when it comes to unsafe acts. The chorus also reinforces that safe work practices should have been followed to prevent the incident and shows the unfortunate consequences that resulted from unsafe behavior. It goes on to remind the viewer that the risk of taking an unsafe act is not worth the cost.**

“No one can do it for you and you surely can’t pretend;  
Safe work must be a habit and come from deep within.  
Sometimes, it helps to understand it’s not all about you;  
The choices that you make affect other people too.”

**This stanza presents the idea that safety is the responsibility of each individual. Each person must make good safety choices to ensure their personal safety. It’s important for safety to become a habit and that each person have a deep safety commitment. Also presented is the idea that each individual’s safety choices can have a ripple effect that affects other people. The consequences of unsafe choices can be far-reaching.**

“So, put that hardhat on your head  
and lockout that machine;  
Wear your seatbelt driving;  
when friends speak up, don’t be mean.”

**This stanza reflects some of the safe work practices and good examples that must be set in order for the safety commitment to spread from worker to worker. Working safely does more than protect one individual from injury; working safely reinforces the safety culture and makes everyone safer. Also illustrated, is the important concept of graciously accepting safety feedback from others.**

“We all go to work each day, but there’s no guarantee,  
That we’ll make it through our shift without an injury.  
The only way to guarantee you’ll live a pain-free life,  
is to be safe every time and never roll the dice.”

**This stanza makes it clear that there is always a risk of incident or injury and that the only way to minimize this risk is to always put safety first and avoid risk-taking and shortcuts.**

“So, make sure you do this and always do that.  
When you put safety first, you can be proud of that.  
When you put safety first, you can be proud of that.  
Safety is the key to protect the ones you love.  
And you can be proud of that.”

**This final stanza reinforces safe work practices and setting good examples. It reminds workers to be proud of their safety efforts because doing so helps protect coworkers and loved ones from injury. Everyone should be proud to put safety first.**

**SAFETY FIRST: *Be Proud of That***  
***(3-Minute Safety Song)***

**ANSWERS TO THE REVIEW QUIZ**

1. c

2. b

3. a

4. a

5. b

6. b

7. a

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**REVIEW QUIZ**

Name \_\_\_\_\_ Date \_\_\_\_\_

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

1. In the incident involving the conveyor, the primary reason the workers took a shortcut was because \_\_\_\_\_.
  - a. They had performed the job many times before without incident
  - b. They were unsure if a lockout was required
  - c. They wanted to save time
2. What was the result of the shortcut taken by the workers servicing the conveyor?
  - a. A near miss
  - b. A fatality
  - c. An equipment malfunction
3. Taking time for safety and thinking a job through before you begin work can prevent incidents.
  - a. True
  - b. False
4. Following safe work practices and setting good examples makes it easier for others to follow the safety rules.
  - a. True
  - b. False
5. What were the consequences for the worker in the chemical area when his co-worker failed to speak up?
  - a. He was killed
  - b. He was blinded
  - c. There was a near miss
6. Your safety choices only affect you and have no repercussions on other workers.
  - a. True
  - b. False
7. Because your safety is never guaranteed, you must put safety first at all times to prevent injury.
  - a. True
  - b. False