

WHAT'S YOUR SAFETY SCORE?

Safe Habits Are Easy To Learn

We all try to be safety conscious, but at times we find excuses for not acting safely, both on and off the job. This quick "quiz" can help you identify some common safety practices, and may help you find areas that you can improve. Take a few minutes to find out your safety score. (Circle the answer that you think best describes your own practices.)

Safe Practices

1. I wait until after work to let off steam in "horseplay."
usually once in a while never
2. I read labels before using chemicals.
usually once in a while never
3. I use the right equipment, even when it takes longer.
usually once in a while never
4. When I see a spill, I clean it up.
usually once in a while never
5. When I start a new job, I ask questions to make sure I understand how to do it right.
usually once in a while never
6. I come to work well-rested and awake.
usually once in a while never
7. My workshop and home are equipped with a fire extinguisher.
yes no
8. Emergency police, medical, and fire numbers are posted where all can easily find them.
yes no

Safe Conditions

1. When the proper safety equipment is not available, I let my supervisor know right away.
usually once in a while never
2. I inspect the area and machines I'm responsible for.
usually once in a while never
3. I make sure electrical cables and wires are in good condition.
usually once in a while never
4. When I see a condition that might be dangerous, I take care of it myself or report it right away.
usually once in a while never
5. I know the hazards of my job, and I don't begin until I've taken all necessary precautions.
usually once in a while never
6. In winter climates, I carry sand, salt, or chains in case of snow.
usually once in a while never
7. I disconnect plugs from outlets by pulling on the plug, not the wire.
usually once in a while never

Safe Attitudes

1. I stay focused on the task at hand.
usually once in a while never
2. When I'm angry, I take a "time out" before going back to a possibly dangerous task.
usually once in a while never
3. When I see a situation that might be dangerous, I report it.
usually once in a while never
4. When I take a safety class, I ask questions and pay attention.
usually once in a while never
5. When I know a coworker is taking drugs or drinking, I let my supervisor know.
usually once in a while never
6. I come to work in a good state of mind.
usually once in a while never
7. I relax without alcohol or drugs.
usually once in a while never
8. I'm careful to put out matches, cigarettes, or fires completely.
usually once in a while never

SCORING

Give yourself 3 points for each "usually" or "yes," 2 points for each "once in a while," and 1 point for each "never" or "no."

Over 58: *Excellent.* Excellent attitude, habits, and a bright, safe future.

47-58: *Good.* Select 5 areas for improvement and try to change your "once in a while" to "usually."

36-46: *Lucky.* You're lucky if you've never been in an accident. Work on changing your "once in a while" or "nevers" to usually.

Under 36: *Time Bomb.* You are an accident waiting to happen. Better start work on 5 dangerous habits today!