

There is one final key concept from this unit that you need to make sure everyone 'gets'. The realization that we can minimize the negative effects of the state-to-error injury risk pattern by practicing four simple critical error reduction techniques (CERTs). A typical explanation you can use when introducing each CERT practice card and it's use on a regular basis:

Forming any new habit requires a number of repetitions (experts estimate about 40 times) and learning a set of new skills is easier if the individual components are mastered one at a time. The first CERT introduced in Unit 1 was 'Looking at Others for the State to Error Patterns'. I have a 'Look for Risk Patterns' CERT practice card for each of you that I would like you to take with you, complete and then hand back to me or bring back to our next tool box talk so that as a group we can discuss what (but not who) you saw, talk about the pattern and how it could have resulted in injury. In future meetings we will be repeating this process and after future units we will be introducing new CERT practice cards that help develop the other three CERT skills."

Hand out the “Look for Risk Patterns” practice card and discuss their use.

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Critical Error Reduction Techniques (CERTs) Can Help Us to Avoid Injuries Caused by the State-to-Error Risk Pattern

Please review Unit #1 page 5 for more information on this concept.

Start "looking at others."

Note anything that you found important or thought-provoking to share with others.

Critical Error Reduction Techniques (CERT)

1. Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.
2. Analyze close calls and small errors (to prevent agonizing over big ones).
3. Look at others for the patterns that increase the risk of injury.
4. Work on habits.

How would you explain this concept to your family, friends or work colleagues?

Look for Risk Patterns Critical Error Reduction Technique

Look at others for the patterns that increase the risk of injury.

Who?

- ☐ Family Member
- ☐ Friend
- ☐ Stranger

Where?

- ☐ At Home
- ☐ On the Road
- ☐ Other

What States and Errors do you think may have been involved?

- ☐ Rushing
- ☐ Frustration
- ☐ Complacency
- ☐ Eyes not on Task
- ☐ Mind not on Task
- ☐ Line-of-Fire
- ☐ Balance/Traction/ Grip

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