

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.

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

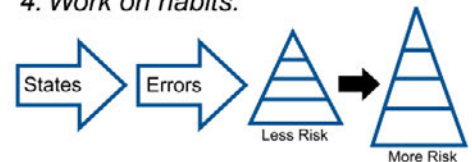


Critical Error Reduction Techniques (CERT)

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.*



Look for Risk Patterns

Critical Error Reduction Technique

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

Who?

Where?

- ☐ Family Member
☐ Friend
☐ Stranger

- ☐ At Home
☐ On the Road
☐ Other

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

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