



Work on Habits

Critical Error Reduction Technique

Circle how often you practice the habit now:

Never Always
0 1 2 3 4 5 6 7 8 9 10

Briefly describe how practicing this safety-related habit has helped you prevent an injury: _____

Name

Dept.

Date

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Work on Habits

Critical Error Reduction Technique

What safety-related habit are you working on now? _____

Date you started: _____

Circle how often you practiced this habit before you started working on it?

Never Always
0 1 2 3 4 5 6 7 8 9 10

How long have you been working on improving this habit: _____

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Safety-Related Habits

Check each habit that you normally do more than 75% of the time.

Now select one of the other habits to work on improving. Write that habit on the front of the card.

- ☐ Test your footing or grip before you commit your weight (getting out of car, etc.)
- ☐ Look carefully at anything you are going to stick your hand into or rest your hand on
- ☐ Move your eyes first before you move your hands, feet, body or car
- ☐ Get your eyes back on the road quickly if you've been distracted
- ☐ Look for line-of-fire potential before moving (blind corners, aisleways, etc.)
- ☐ Look for things that could cause you to lose your balance, traction or grip



- ☐ Glance up before standing up or raising your hands (bang head or hands, etc.)
- ☐ Keep your hands out of pinch points
- ☐ Use three-point contact when ascending or descending (ladders, mobile equipment, etc.)
- ☐ Hold the handrail on stairways
- ☐ Other:
