S.O.S. (Sharing Our Safety) - Using Safety Shares to Empower Your Workforce.

Presented by Saprena Lyons
“S.O.S. (Sharing Our Safety) - Using Safety Shares to Empower Your Workforce.”
Objectives

- Define what safety shares mean to us
- Describe why safety shares are effective and why we use them
- Provide examples of various types of safety shares
What is a Safety Share?
S.O.S. (Sharing Our Safety)

- The safety we share can be presented in the form of personal shares, at work shares, at home shares and at play shares.

- The safety we share can be a personal tug at the heart strings.

- The safety we share is intended to make a positive lasting impact upon the receiver that will extend beyond the work place.

- Safety Shares can result from lessons learned.

- The safety we share may come in the form of encouraging our workforce to make good decisions.

- The safety we share can be in the form of personal development and empowerment by providing tools to build strong teams and facilitate teamwork.
- Sharing our safety includes utilizing messages from other industries.
- Invited guest speakers to provide perspectives to our workforce
  - Matthew Pomerinke from Kapstone Paper
  - Rocky Bleier from the Pittsburgh Steelers
- Sharing our safety involves Value Creation topics
Opening Safety Share
Who Is A Leader?

- The term leader describes any individual who influences the actions of others or of organizational processes
  - INPO – Excellence in Human Performance
- Does your attitude influence others?
- If you answer yes then you are a leader
  - Your only choice is to choose what kind of leader you are going to be
10 choices authentic leaders make

https://www.youtube.com/watch?v=6MqUbirZqSY

Too Quick To Judge (Touching Short-Film)

https://www.youtube.com/watch?v=Fzn_AKN67ol
More thoughts on leadership

• Every one of us is a leader in one capacity or many capacities.

• Making safe decisions is a moment by moment decision.

• The effectiveness of leadership roles are fruitful when deliberate actions are implemented.

• Monotony can dull thinking causing the mind to slip in to neutral.

• Leaders deliberately take actions to take good care of themselves, including investing in their own development, bearing positive results.

• Make an investment in yourself as a leader and develop yourself on an ongoing basis!
SITUATIONAL AWARENESS

Needs improvement.
What’s happening now
What’s going to happen
What’s going to happen soon
What is he or she going to do
SITUATIONAL AWARENESS

just when you think there aren’t any ninjas...
S.O.S. (Sharing Our Safety)?

Why?
Attitude is the single most important factor in achieving success
Attitudes & Your Health

◆ Controlling your attitude
  • Influences how your body respond and performs
  • A positive attitude can buffer us against adverse health effects and depression
  • A study of 839 patients over 30 years found a link between optimism and lower risk of early death
  • Another study found that participants who were more positive lived an average of 10 years longer than other participants

◆ Tomorrow will become what you choose today!
Do You Feel Lucky?

Have you ever experienced a near miss and thought to yourself, "I sure feel lucky?" or maybe you thought a friend had luck on their side when they experienced an unexpected outcome. Whether at home or on the job, we all know that being safe is more than just being lucky.

In fact, we can put ourselves and others at risk when we rely on luck. Safety has nothing to do with luck; it happens through mindfulness, making wise and educated decisions. We all know that accidents and near misses can occur, but when we follow safe practices, procedures and learn from past lessons, we can put safety first and avoid the temptation of counting on luck!

**Being Mindful**

When we are mindful about our actions, we talk to ourselves in influential ways. A method to increase mindfulness while performing a task on or off the job is to:

- Give yourself a mental reminder about safe behaviors needed before starting the task
- Mentally review your actions while performing the task
- Evaluate your actions after the task is performed. Look at what safe behaviors were performed, credit yourself on well performed behaviors and provide yourself suggestions on those that need improvement

When you have positive self talk, you are more likely to stay accountable and improve performance. You will also prevent yourself from tuning on auto pilot or counting on luck, which often produces errors and injuries.

Being mindful about safety is not only for work, it is just as important to take it home with you. Always pay attention to your surroundings by searching for hazards and changing conditions that may harm you and others. Apply similar safe work practices to everyday tasks such as following directions on household items - as with work procedures; watching out for others in the grocery store - as in office settings; and checking your surroundings before backing out of a parking spot around town - as you do at work. Mindfulness can be applied everywhere, so think about your actions while performing safe practices and avoid counting on luck to get by!

---

**Daylight Savings Time**

<table>
<thead>
<tr>
<th>is March 10, 2019</th>
</tr>
</thead>
</table>

Setting your clocks forward an hour is an easy task, but the process of waking up that Monday morning can be challenging. Time changes interrupt our internal clocks and adding a change in lighting also disrupts our day to night cycles. Lack of sleep can compound causing a decrease in concentration, memory, fatigue and performance. To help reset your internal clock keep these healthy sleeping tips in mind:

- Transition gradually. By going to bed 15 minutes early the week before the time change
- Wake up and go to bed at the same time each day
- Exercise regularly and reduce alcohol and caffeine before bedtime
- Expose yourself to light during waking hours and not as much in the evening. Be sure to limit time staring at a screen before bedtime
- Relax before bedtime and create a sleep friendly environment

---

**March Ahead on Spring Cleaning!**

As you change your clocks, jump start your spring cleaning with this safety checklist:

**Indoors:**
- Test and replace batteries in Smoke and Carbon Monoxide detectors
- Check Fire Extinguishers
- Clean out your cabinets and check for expired medicines and cleaning chemicals
- Review your Family Emergency Plan and update First Aid Kits

**Outdoors:**
- Clear off snow and debris from your roof
- Clean out chimneys and gutters
- Trim back any dead trees or overgrown plants. Look for any holes, debris and garden decorations that were hidden under the snow
- Check your pipes and outdoor water spigots

---

Find this and previous issues of the Porcelain Press under Main Links on the VPP homepage.
Patton's principles of command and management:

- Say what you mean and mean what you say.
- Always be alert to the source of trouble.
- Select leaders for accomplishment and not for affection.
- Every leader must have the authority to match his responsibility.

Patton's principles for making decisions:

- In the long run, it is what we do not say that will destroy us.
- Talk with the troops.
- Know what you know and know what you do not know.
- Never make a decision too early or too late.

Patton's principles for success:

- Never fight a battle when nothing is gained by winning.
- Success is how high you bounce from the bottom.
- Always keep something in reserve.
- Revenge belongs to God.
- Even though Patton was a volatile and scary leader, he had a special knack of imprinting his leadership aura on others. According to Williamson:
  "I served with General George S. Patton Jr. No man served under Gen. Patton; he was always serving with us. In truth, I still serve with Gen. Patton, and he continues to serve with me".
Example of a safety share with lasting impact from an outside source

The Most Inspiring Speech: The Wisdom of a Third Grade Dropout Will Change Your Life

https://www.youtube.com/watch?v=Bg_Q7KYWG1g
10 minutes
Basic Safety Share

3-5 min Low-Prep safety share
Examples of a low prep lessons learned safety share

minimal effort

Safety Check: Water Bottle in a Hot Car

https://www.youtube.com/watch?v=EUdbdalZnEQ
Prepared Safety Share

10-12 min Safety Share
LIFE JACKETS
Hebgen Lake Montana
CONTRIBUTING FACTORS

- Lack of Swimming Skills
- Fatigued
- No Life Jacket

Drowning is the Number 1 cause of death in children ages 1-4.
How can we relate this to our work environments?

How does our work environment relate at home? At play?
Final Safety Share from the Audience!
Audience Exercise

S  Search for Hazards
A  Analyse the risk
F  Find the cause
E  Eliminate the cause
T  Tell others
Y  You are safe
Hazard Identification?
Lessons Learned

1. The lack of attention and forethought can lead to a hazardous situation for yourself or others.

2. Our work practices and experiences go with us even if we do not realize it.
How can we relate this to our work environments?

How does our work environment relate at home? At play?
Examples of safety share reminders to the workforce to make good driving decisions

Why Excessive Speed Doesn't Really Get You There Faster.
https://www.youtube.com/watch?v=svUcGbTNvuM
2 minutes 18 seconds

The Facts about Speeding
https://www.youtube.com/watch?v=3iXhFFc9nqw
2 minutes 37 seconds
What **opportunities** do you have?
How To Embed The Capacity For Greatness

- Leads with an attitude that endeavors to instill the idea that:
  - Everyone deserves to be treated with dignity and respect
  - Titles do not entitle us or grant us special privileges
  - Encourages integrity rather than dishonesty
    - Integrity means that people know you will do the right thing instinctively regardless of the consequences to you personally
  - Builds rather than tears down
  - Emancipates & empowers rather than controls and limits
  - Coaches and mentors rather than criticize and destroy
Instrument - Check Your Focus

- The things you focus on create a magnet for your life
- Successful people get the best from themselves and others by focusing on:
  - Forgiveness vs. Anger
  - Others vs. Self
  - Opportunities vs. Problems
  - Gratitude vs. Envy
  - Abundance vs. Scarcity
  - Today vs. Yesterday
  - Building up vs. Breaking down
  - Humor vs. Drama
  - Controllable things vs. Uncontrollable things
  - Giving vs. Taking
Close, wrap up