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## **September 2020 SAFETY TALK – ATTITUDE & SAFETY**

How does attitude affect how your work and safety on the job? What is your attitude today? We all have days where our overall attitude could improve, but how is yours towards your coworkers, boss, or safety on a day to day basis?

There are many reasons to strive to have a positive attitude... researchers have been studying how it can even benefit our health. Some examples are listed below:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

A negative attitude can lead to carelessness, complacency, taking shortcuts, or even serve as a distraction from a work task. A negative attitude towards safety specifically will eventually result in unsafe behaviors. Unsafe behaviors lead to incidents occurring on the job resulting in injury or property damage.

### **How to Improve Your Attitude**

1. Recognize it. The first step to improve it is to recognize if it is leaning towards the negative side. Ask yourself how your attitude is today and why it is in that state.
2. What is the source of the issue(s)? After you recognize the state of your attitude you need to find the source of your issues that are making it negative. What is bothering you? A family situation? Whatever it may be, take note of the negative sources.
3. Address the issues. Take the time to address what is having a negative effect on your attitude. Most issues can be resolved with a constructive conversation.
4. Remain aware of your attitude. It is important to do a daily self-check. It is easy for your attitude to begin to tip towards the negative side as stressors pile back on in your life. There is always going to be issues in your life, but it is important to not let them have a negative effect on you for an extended amount of time, especially in relation to safety.

### **Discussion points:**

-Do you think attitude has a large effect on safety?

-Think of a day that you had a bad attitude at work... How did it affect your work?