

Our day-to-day attitude makes a difference in how we engage with our work. Attitude affects behavior and the attitude you choose could save your life.

- Workers with a positive attitude are more likely to be engaged and keep safety a priority.
- Those with a negative attitude are more likely to cause conflict, stress, and unsafe behaviors that could cause an injury or incident.

You are responsible for your attitude at work. No one else is responsible for your behavior, except you, so take ownership.

- 1. Recognize** when you are developing a negative or hazardous attitude. You may be in a bad mood, everyone is getting on your nerves, rules may seem pointless and arbitrary, or you may just feel angry at the world.
- 2. Identify** specifically what is really bothering you. Maybe personal issues at home are starting your day off on the wrong foot or you didn't get enough sleep. Are co-workers behaving in a way that is aggravating to you or is something else troubling you in way that you just can't ignore.
- 3. Address** the issues directly. This isn't always easy and can't always be handled quickly, but if the issue is within your power to control, you can take action, and if it's not something you can change, then you do have power over your thoughts and attitude.
- 4. Monitor** your attitude and do a daily self-check if that helps. If you recognize that certain people or activities push you to a negative frame of mind, then be proactive to reduce those interactions in your life as much as you can.



Nothing on earth can stop the person with the right attitude from achieving their goal; nothing on earth can help the person with the wrong attitude.

– Thomas Jefferson

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A negative attitude at work can lead to carelessness, poor judgement, complacency, insufficient risk assessment, and a tendency to take shortcuts, all of which can put yourself and others at risk.

Ways to keep up a positive attitude at work, especially when it comes to safety:

- Practice active listening during compliance training and remain engaged during safety meetings.
- Ask questions, in a respectful manner, about any procedure or precaution that isn't clear.
- Take personal responsibility for your own safety and the safety of your co-workers.
- Set a good example for others, especially newer employees.
- Fix or report safety hazards while following the proper reporting procedure.
- Cooperate with safety inspections and monitoring.
- Don't skip safety steps, even during routine procedures.
- Propose safety improvements to management.
- Encourage co-workers to follow the safety rules.



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