ABC’s of Safety

Attitude, Behavior & Control

Safety is more than just following your company’s guidelines while on the job. Safety is actually a combination of safe attitude, behavior, and control both on and off the job. Attitude means your frame of mind—the way in which you approach a given situation. Behavior means what you do about it—how you react to a situation. Control refers to making your surroundings—where you do what you do—safe. Safe attitude, behavior, and control add up to a safer, more productive you.

Attitude
When it comes to safety, attitude isn’t exactly everything, but it’s darn near close. A safe attitude means staying alert and focused on the job at hand, taking safety guidelines and practices seriously, never horsing around on the job, and not letting emotions like anger and frustration get in the way of job performance.

Behavior
How you react to a situation is an important part of being safe. Following established safety guidelines and procedures, refusing to take “shortcuts,” asking questions when you need more information about the task at hand—all of these are safe behaviors. Safe behavior means helping friends, co-workers, and family members understand the importance of safe practices at work, home, or play.

Control
Control means taking responsibility for making your worksite, home, or recreational facility a safe place to be. You can help keep your surroundings safe from potential hazards by keeping them clean and orderly. Keep machines in good repair, clean up spills and debris (or report them to the appropriate person), and make sure that walkways are free from obstacles. Store chemicals properly (both at home and on the job) and never switch containers. At work, be sure to report faulty equipment, ventilation, or any potential hazards to your supervisor.

ABC’s – Easy as 1-2-3
Attitude, behavior, and control are the three most important (and perhaps the simplest) aspects of personal safety both on and off the job. Take a moment to review your safety ABC’s to see if you’re doing all you can to protect yourself, your co-workers, and your loved ones from careless, needless, injury.