

Safety-Gram

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ARE YOU IN A RUSH?

The holidays are just around the corner. That means things can get busy in our personal lives and at work.

Rushing is human nature – it's natural to want to get a job done as quickly as possible. Getting a task done in a hurry gives you the opportunity to start your next task sooner or, in some cases, gain more time to do things that may be more enjoyable.

Many of us grew up being told that it's important to accomplish as much as we can. But what we often were *not* told is that rushing can result in accidents, errors, and more time spent on the task in the long run. We need to do our jobs correctly and safely, and not get in a rush.

Injuries due to time pressure are most often the result of a conscious or semi-conscious decision on the worker's part to circumvent a proven preventive measure to a known safety hazard. Rushing can distract your attention from hazards you would normally recognize.



Hurrying Dangers: Do's and Don'ts

DO:

- *Think about the consequences of hurrying*
- *Know that rushing can result in serious injury to you or your co-workers*
- *Take the time to put on safety equipment, use the right tools, and follow safety instructions*
- *Dress properly and use the right tools for the job*
- *Identify hazardous situations in advance*

DON'T:

- *Remove safety guards or safety shields, or operate equipment without them*
- *Have the attitude that you can hurry "just this one time"*
- *Get in such a rush that you allow yourself to get distracted from the job at hand*
- *Fail to heed safety warning signs*

Working carefully and deliberately gives you time to think about potential hazards, and to plan your actions. Don't be in so much of a rush that you neglect your personal safety or the safety of those around you. When we rush, we not only jeopardize our own well-being, but we can also put others at risk.



Remember, safety is built one step at a time! Hurrying through a job or task can result in you being rushed to the hospital. If the task, job, or assignment is not finished on time, it will still be there for you to finish. Your fingers or an arm might not be. Think about it: which is more important to you?