

## Risk Tolerance



Risk tolerance involves evaluating multiple factors that influence a decision to either accept or reduce risk. If your risk tolerance is high, you will most likely have an incident as you will not be able to adequately assess the danger.

### What are the influencing factors of High Risk Tolerance?

- 1) Overestimating your capabilities or experience
- 2) Familiarity with task - you become complacent
- 3) Not understanding the seriousness of the potential incident
- 4) Over confidence in equipment
- 5) Over confidence in personal protective equipment

Please follow the below strategies to reduce your high risk tolerance and minimize the chance of you having an incident at work.

1. Acknowledge that despite your ability, the risk exposure is still there.
2. Situational awareness - perform each task as if it is the first time. Stop and think: What can go wrong this time?
3. Integrate Stop and Think in your personal activities.
4. Understand the limitations of the equipment and engineering. What will happen if it does fail?

Becoming complacent in your daily tasks is one of the largest factors in safety incidents. You may have carried out the task a thousand times before, but it is usually some small thing you did not anticipate that causes an incident. You did not notice someone had placed a cord across your walkway, or somebody had not replaced a guard after maintenance on a machine. This is why you should always take a moment to **STOP** and **THINK** before you **ACT**.

One of the best tools you can use to safely perform our daily duties is a Job Hazard Analysis (JHA). This tool makes you **STOP** and **THINK** before you **ACT** about the different risks associated with the task. Even though you may hear: "we've been doing it this way for 20 years and nothing has happened", it doesn't mean that a hazard doesn't exist. You should take a comprehensive look at all the possible hazards with an open mind.

Situational Awareness also influences your Risk Tolerance. If you are more aware of your surroundings, you will be more aware of potential risks and ways to avoid them.

In addition, please follow the below steps to ALWAYS stay safe at work.

### 1) Be Aware of Your Surroundings

This step requires knowing the particular hazards of your job or workplace. Once you have learned these risks, you are able to keep clear of potential hazardous areas, and potential hazardous situations.

### 2) Use Tools and Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is one of the leading causes of workplace injury.

### 3) Report Unsafe Conditions to Your Supervisor

The only way to stop unsafe conditions from happening is to report them to supervisors as soon as you notice any issues.

### 4) Use Mechanical Aids Whenever Possible

Instead of attempting to carry or lift something that is heavy to save some time during your workday, take the extra minute to use a wheelbarrow, conveyor belt, crank or forklift. Too many injury risks are involved with trying to lift something that weighs too much.

### 5) Keep Correct Posture to Protect Your Back

If you work at a desk, keep your shoulders in line with your hips to avoid back problems. If you are picking things up, use correct form so your back does not get hurt. Avoid stooping and twisting.

### 6) Wear Correct PPE

If you are not wearing correct PPE for a task, you may get injured. Depending on the job, equipment like earplugs, earmuffs, hard hats, safety goggles, gloves or a full-face mask greatly reduce the risk of workplace injury.

### 7) Stay Sober

A large number of workplace fatalities occur due to use of alcohol and drugs. When a worker's ability to exercise judgment, coordination, motor control, concentration or alertness is compromised, this leads to any number of risks for workplace injury and fatalities.

### 8) Reduce Workplace Stress

Stress can lead to depression and concentration problems. Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Take your concerns about workplace stress to your supervisor or HR to see how they might help you address them.

**Remember:** Safety is your main priority at work. It is important to follow all the established safety rules and regulations, be aware of your risks and your surroundings, and be able to perform every aspect of your job safely.