

Avoid Accidents—Focus on Safety

You may not consider your job a particularly dangerous one, but there is the potential for accidents in any working environment. However, onthe-job accidents can be avoided by focusing on safe practices and taking necessary precautions.

Be Aware of Safety Hazards

Most accidents are caused by an unsafe act, an unsafe working condition or a combination of the two. For example, a worker could fall off a ladder that was not secured properly—an accident caused by the unsafe act of not securing the ladder. Or, a damaged ladder could cause a fall, and that would be the result of an unsafe condition. But, that unsafe condition was caused by the unsafe act of not inspecting the ladder prior to use. In either instance, the accident could have been prevented by following proper safety precautions before using the ladder.

Because your job involves maintaining and repairing properties, you could face any number of hazards throughout your day.

Damaged tools, equipment or buildings could cause an unsafe

condition. Also, failure to wear proper protective gear, misuse of equipment or a lack of alertness to your surroundings can create a potential for accidents.

Don't Cut Safety Corners

The first step to keeping yourself safe is to stay alert on the job and don't let routine or familiarity lure you into carelessness, even if you're doing a type of repair that you've done hundreds of times. Always observe safety precautions before and during a task, even if those precautions make the task more inconvenient or take longer to complete. Cutting corners may not seem like a big deal, but doing so is a primary cause of accidents.

Practice Safety

Next, know your job. Anticipate the types of situations you will face and the potential hazards in each situation so you know how to proceed with your tasks safely. Know the proper procedures and safety precautions for any task you do. Also stay on the lookout for unsafe conditions in any property you visit, even if it is not the reason you were sent. Fixing problems

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when you see them can help avoid accidents down the road.

Always follow all safety precautions and protocols, even if you think they are unnecessary or slow you down. Certain rules are made for your protection, so follow them. Also, just because an unsafe act is not specifically prohibited, it doesn't mean you should do it. Use your common sense when evaluating if an act is safe or not—there may be a very easy way to make it safer if you stop to think it through.

Focus on Good Habits

It's human nature to work yourself into habits, and when you break a safety protocol, you've taken the first and most influential step in forming a bad habit—a habit that can lead to an injury. Good habits, such as noticing unsafe conditions and following general safety precautions, are just as easy to form.

Develop a safe attitude! This is probably one of the most difficult things to recognize because most of us have the mistaken notion that it's always someone else who gets hurt, never us. If everyone does their share in observing safety rules and staying alert for unsafe conditions, everyone will benefit by having fewer workplace accidents.