What is At-Risk Behavior?

Most injuries in the workplace are caused by at-risk behavior.

An at-risk behavior is taking a chance or ignoring an established safety policy or procedure. In order to reduce injuries and pain and suffering, we must all increase our safety awareness and eliminate at-risk behaviors.

Examples of at-risk behaviors that have caused injuries to employees are:
- not wearing correct PPE such as gloves and safety glasses with side shields.
- not using correct lifting techniques.
- not keeping our “eyes on path” when walking.
- not following established safety procedures.
- not using a handrail when ascending or descending stairs and ladders.
- not keeping our “eyes on work” when performing tasks.

Why do we engage in at-risk behavior?
1. **Shortcuts** – What is easiest isn’t always what is safest! Spend extra time and effort to ensure your safety and the safety of those working with you. It is always worth it.
2. **Beliefs** - We may see others get hurt, but believe that it won’t happen to us.
3. **Habits** – We may develop poor safety habits
Think Twice About Ice

Ice and/or snow are often involved in slip and fall injuries. It is important to be alert to the danger of walking on ice and slippery surfaces.

- Keep walkways clear of debris, water, ice and slippery materials.
- Wear the proper foot gear: don’t wear shoes with smooth soles.
- Take small steps or shuffle your feet for stability.
- Walk slowly, and never run on icy ground.
- Keep both hands free for balance, rather than in your pockets.
- Always use handrails.
- Avoid carrying loads on stairways.

We all want all of our employees, contractors and visitors to go home safely to their families each day.

- Look ahead so you can see where you are going.
- Test potentially slick areas by tapping your foot on them.
- Step - don’t jump – from vehicles and equipment.
- Walk flat-footed with your center of gravity directly over your feet.
- When entering buildings, remove snow and water from outerwear to prevent creating wet and slippery conditions indoors.
- Be aware of hazards when you walk! It is better to gain traction by traveling along the grassy edge of an ice covered sidewalk.