

Planning is key

The word accident can be defined as:

An unplanned event that can result in injury or damage of some kind.

or

Something that happened without any planning or deliberate intent.

Both definitions have one key factor in common: **they lack planning.**

Without the proper procedures, planning and practices in place, accident rates can increase drastically. Thankfully, with proper foresight and planning, some accidents may be avoided.

A number of accidents are the result of unsafe acts and/or conditions. In order to avoid accidents, it's wise to determine the common acts and conditions that may have been present prior to the accidents.

Once the root causes are determined, they can be taken out of the equation, hopefully resulting in fewer future accidents.

Unsafe conditions

Many accidents are caused by cases of carelessness or complacency. Beware of these conditions which may result in accidents:

- poor housekeeping
- unsafe piling of objects
- inadequate containment of materials
- lack of keeping machinery and tools in proper working order

Unsafe acts

Unsafe acts while operating tools and machinery, are avoidable situations. Below are acts that could help keep a user safe and injury-free:

- wear safety equipment
- utilize machinery safeguards

It's up to you

Making decisions that could help avoid accidents is up to each individual. Unless safe decisions are encouraged in the workplace, traps such as carelessness and complacency can easily become a part of an individual's daily life. Safe decisions can be encouraged by:

- operating procedures
- safety precautions
- managers and supervisors

One must make it a point to consider safety and potential accidents in order to help avoid situations that could be harmful or damaging.

Attitudes and habits

One way an individual can promote a life of safety is to build good attitudes and habits. Good habits could result in:

- being aware of new situations that could result in an accident
- helping to avoid dangerous situations from coming close to existence

However, bad habits can have the direct opposite effect, creating environments for potential accidents to thrive. Bad habits include:

- not wearing safety equipment
- not following appropriate procedures

Accidents and unsafe environments may be avoidable – but are often created – by each individual. If one takes a proactive approach to making each situation as safe as possible, accidents will likely decrease.

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