



COVID-19

**PREPARE,
PRACTICE & PREVENT**

More than ever, it's time to **WORK ON OUR HABITS!**
Here is how to apply SafeStart concepts in your new routines.



SAFESTART[®]



PREPARE



Rushing

Don't rush to conclusions.
Situation calls for caution, not panic.



Frustration

Don't despair. Scientists & Doctors are
working around the clock to find a cure.



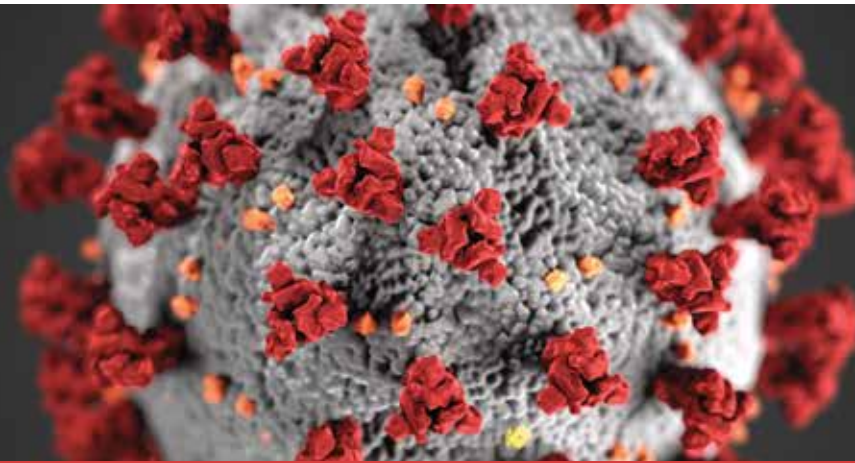
Fatigue

Battle mental fatigue. Stay positive and
spend time with your loved ones.



Complacency

Complacency puts people at risk.
Stay informed and cooperate with authorities.

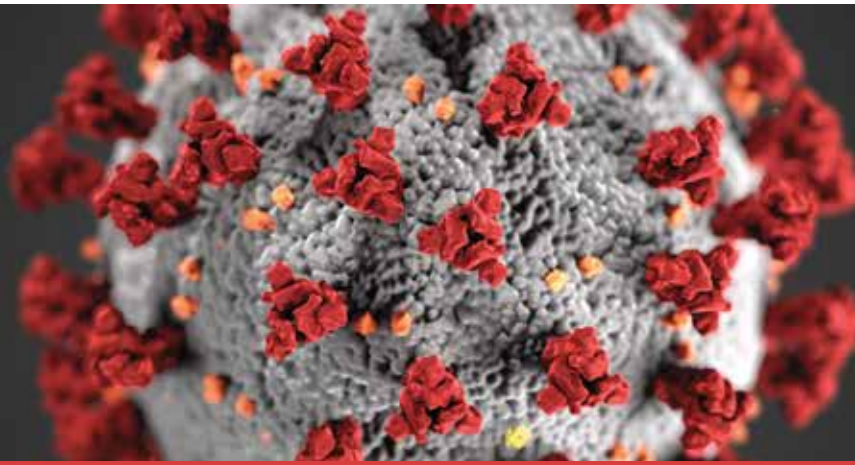


PRACTICE & PREVENT



WASH HANDS FREQUENTLY

Look at Others around you and in your family, are they washing their hands frequently too? Encourage a situation where you help each other by saying when you've just washed your hands (or are going to wash your hands or even when you've forgotten to wash your hands!). This will remind them if they haven't done it recently and help everyone keep it front of mind until the habit sticks.

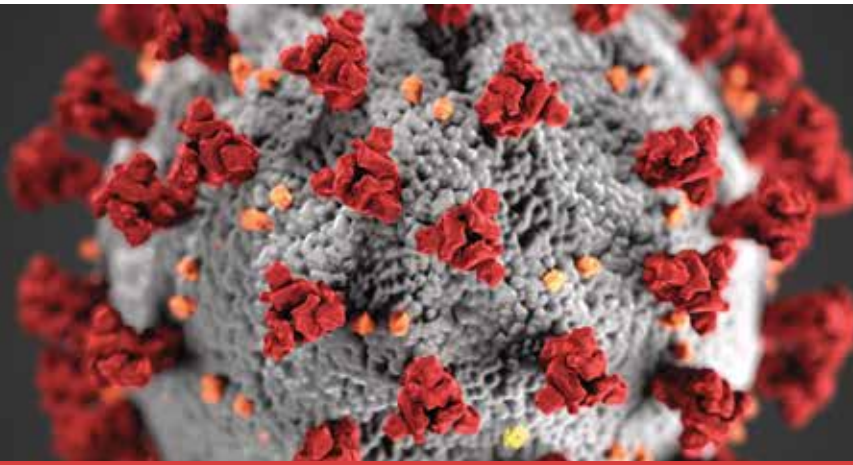


PRACTICE & PREVENT

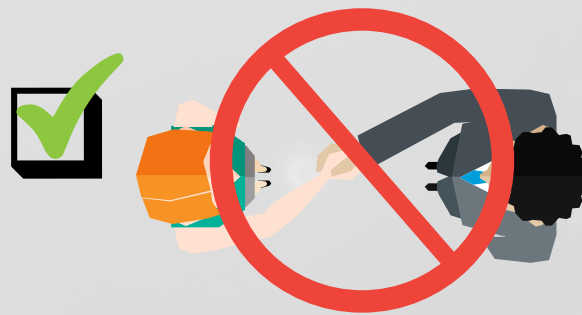


PROTECT YOURSELF AND OTHERS

When sneezing or coughing, make sure you cover your mouth and nose with your bent elbow or use a tissue. Dispose the used tissue immediately. Also, avoid touching your eyes, nose & mouth. **Analyse your Close Calls and Near Misses** when you forget to do it and **Look at Others** to help remind you to stay on track (you can encourage them if they aren't doing it!). It will take time, like any other new habit does, but with effort and practice you will get there!

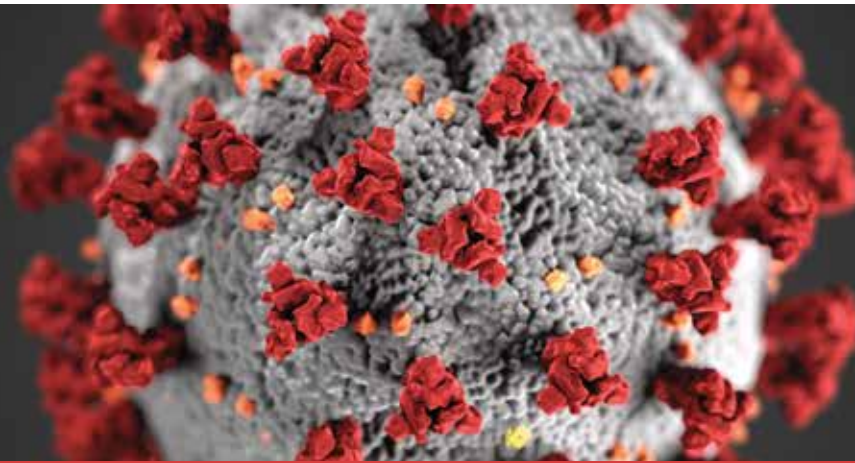


PRACTICE & PREVENT



MAINTAIN SOCIAL DISTANCING

If it is impossible to stay home, keep your **Eyes and Mind on Task** when in social situations. **Look at Others** and keep yourself, and them, out of the Line of Fire: Stay at least 2 meters away from people (other from those you live with). If you can, #stayhome. Only go out for essential purposes. Definitely avoid unnecessary travel and crowded places.



PRACTICE & PREVENT



AVOID MISINFORMATION

Work on the habit of checking the official advice from Governments and WHO more regularly instead of only relying on news/media sources and social media.



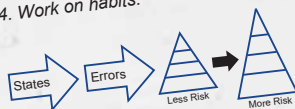
COVID-19

STAY INFORMED AND FOLLOW THE LATEST
ADVICE GIVEN BY THE GOVERNMENT.
WE WILL GET THROUGH THIS TOGETHER.

SAFESTART®

Critical Error Reduction Techniques (CERT)

1. Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.
2. Analyze close calls and small errors (to prevent agonizing over big ones).
3. Look at others for the patterns that increase the risk of injury.
4. Work on habits.



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These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

can cause or contribute to these critical errors...

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

...which increase
the risk of injury.

<http://uk.safestart.com> | contact@ssi.safestart.com

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