

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



## AWARENESS LEVEL MIDNIGHT

VOLUME 10 | ISSUE 12 BY ALEX SCHMALTZ, LAT, ATC

Situational awareness is a critical, on-the-job skill that will help you identify hazards, make effective decisions, and also prevent accidents. Avoid the cleanup on aisle 5 and mop the ice with those injury risks!

### SCARN SLAM METHOD

**Situational awareness** involves being able to perceive, understand, and effectively respond to one's situation. This can be done with **the SLAM method**.

- **STOP:** Think before you act. What does the task at hand require?
- **LOOK:** Carefully assess the area for potential hazards.
- **ASSESS:** Evaluate the hazards and make sure you have the proper PPE, equipment, and training to be safe
- **MANAGE:** Ask questions, make changes, and take required actions to work safely

### AWARENESS REDUCTION

Some of the most common factors that reduce situational awareness include:


- Rushing through a task
- Mental or physical fatigue
- Complacency
- Poor communication
- Distractions or daydreaming
- Stress

As an industrial athlete, it's important to be aware of hazards in your workspace. Keep an eye out where your co-workers are and what they are doing. Is there operational machinery running? What's going on above or behind you? Are there any slip or trip hazards on the floor? To be situationally aware, you must be able to comprehend and react to these hazards to avoid an injury while on the job.

### PROACTIVE AWARENESS

A huge part of being situationally aware is to be able to be proactive and speak up if you see a hazard that can pose a danger to you or your co-workers. Stopping to ask for assistance or to make adjustments to a task to ensure it gets done safely is critical for safety. Paying attention to PPE that you and your team wear or display is also a huge proactive element to prevent injuries.

### SITUATIONALLY PREPARED

Being situationally aware also utilizes some of our **PREPARED** principals. We encourage industrial athletes to **[R] - Review Your Hazards**, **[E] - Examine Your Equipment**, and **[D] - Debrief** from a work shift to notate any out-of-the-ordinary occurrences. In doing so you'll be ready to stay safe and situationally aware. 

READ MORE BY  
SCANNING THE QR CODE!

**Work Right NW** is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

