



## Safety Message of the Day for IMEA Members



### What Can Hurt Me Today? (Safety Message)

Every day before our work begins we should go through some type of process to evaluate the work for the day as well as the associated hazards. This process can include a self-check as well as a work area inspection and inspection of tools or equipment. During this process, a main objective should be identifying hazards so that you can take steps to eliminate or mitigate the hazards found. One useful question to ask yourself before a work task begins is: "What can hurt me?".

While a positive mindset and attitude are important for success in the workplace, asking yourself critical questions such as "what can hurt me today?" can trigger you to take the extra time to really evaluate a work task. Take ownership of hazards in your work area and see them through that they get fixed. After all, you never know what safeguard or action may make the difference in preventing an injury.

### Discussion point:

-What other questions are helpful to ask yourself before a work task begins?