



## Safety Message of the Day for IMEA Members



### The Negative Side of Quick Reactions Safety Message

There are many times when quick reactions put people in the line of fire where they can be hurt. A person sees a situation occurring and in an instant, their mind tells their body how to react. At work, an impulsive decision to jump in and try to help in a situation going wrong may be the last decision a person makes. It is important to consider what our first reaction may be to certain situations and attempt to fight the urge to react impulsively without thought.

There are times when a quick reaction is the only thing that saves a person's life. On the other hand, there are also times when quick reactions put people who are completely safe during a bad situation in harm's way. Be aware of the impulse to act without proper thought. Taking even just a second to evaluate the implications of a decision to act may make the difference in preventing an injury to you or a coworker.

#### Discussion point:

What are some examples of when a quick reaction can do more harm than good?