



## Safety Message of the Day for IMEA Members

### Habits Safety Message

We all have habits that we follow on a daily or weekly basis. These habits have a major effect on our life. They also affect the choices we make at work. The choice to follow a safety procedure on any given day could be affected by a habit you have had for years.

### Your Daily Habits

Think about the habits you follow every single day. Start with waking up. Did you hit the snooze button once or twice? Do you do this every day? What about breakfast? Did you cook in the house or did you stop at the same gas station you do every day to grab a quick bite to eat? Most likely the choices that you have made from the point you woke up today to right now reading this safety message are the same choices you make every single day. These daily choices are your habits.

Pay attention to the habits you hold on to and how they affect you daily. How many of these habits are positive ones and how many are negative? Look at the choices you make at work and if they lead to negative behaviors then look at changing them.

