



Safety Message of the Day for IMEA Members



"Attitude and Safety" Safety Message

A positive attitude affects the overall health and safety of a lineman. The Mayo Clinic lists many benefits to having a positive attitude, such as increased lifespan, greater resistance to illnesses, lower levels of distress and pain, etc. On the other hand, a negative mindset can lead to carelessness, taking shortcuts, or even a distraction from a work task. In addition, having a negative attitude towards safety will lead to unsafe behaviors. Unsafe behaviors lead to incidents on the job. Is your overall perspective as it relates to safety negative? If so, why is that? There are ways to improve your attitude:

1. Acknowledge it. By taking the time to admit you are struggling with a negative attitude, you can take steps to change it.
2. Find the Source. Figure out what is causing your negative feelings and put a name to the source.
3. Take Action. Do you need to have a respectful conversation with a co-worker? Most issues can be solved when all parties can voice their concerns.
4. Stay Aware. Monitor your thoughts and conversations with others. If you feel yourself going in a negative direction, turn things around. It all starts with you.