



## Safety Message of the Day for IMEA Members



### **Anger: Just One Letter Short Of DANGER Safety Message**

if angry workers or you yourself are angry, you may end up reporting more injuries on the job. A recent study found that high levels of anger increase the risk of injury. Angry people are more likely to sustain injuries serious enough to require emergency medical care, and the risk is higher for men than women.

The study found that nearly 32% of all the patients reported being irritable just before they were injured, 18% reported being angry and 13% reported being hostile.

There is little doubt that anger can be a contributing factor in workplace injuries, but what do you do about it? Here are some tips:

- \* Consciously determine to be calm.
- \* Communicate. When someone upsets you, tell them.
- \* Remove yourself. Get away from the scene until you can respond without anger.
- \* Frequently take time for yourself 'Re-set the brain'
- \* Look for the positives. Don't dwell on the negatives.