



Safety Message of the Day for IMEA Members



Safety Message: “What Can Hurt Me Today?”

Before beginning any task, it’s essential to take a few moments to evaluate the work ahead and identify any potential hazards. This can be done through a self-check, a quick inspection of your work area, and a review of any tools or equipment you’ll be using. One powerful question to ask yourself before starting any task is:

“What can hurt me today?”

This simple question helps shift your mindset into hazard awareness and proactive safety.

Taking Responsibility for Hazard Mitigation

Spotting a hazard is only the first step. It’s just as important to take action to eliminate or control the risk. Avoiding a hazard might keep you safe, but it may still pose a danger to your coworkers. If you identify a hazard, take the time to correct it—or ensure it’s reported and addressed properly. Safety is a shared responsibility, and your actions can make a big difference.

Key Takeaway

A positive attitude is important, but asking critical safety questions—like “What can hurt me today?”—can prompt the careful evaluation needed to prevent injury. Take ownership of hazards in your work area, follow through on mitigation efforts, and don’t leave risks for someone else to discover the hard way. You never know which small action could be the one that prevents an accident.