



Self-Trigger

Critical Error Reduction Technique

Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error

States...

- Rushing
- Frustration
- Fatigue
- Complacency

Hazardous energy...

- Mechanical
- Thermal
- Chemical
- Electrical
- Other

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Analyze Close Calls

Critical Error Reduction Technique

Analyze close calls and small errors (to prevent agonizing over big ones)

What Happened?

Serious

First Aid

Medical Aid

Minimal

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Analyzing a Close Call or Small Error

What were the States and Errors?

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Rushing | <input type="checkbox"/> Eyes not on Task |
| <input type="checkbox"/> Frustration | <input type="checkbox"/> Mind not on Task |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Line-of-Fire |
| <input type="checkbox"/> Complacency | <input type="checkbox"/> Balance/Traction/
Grip |

What Critical Error Reduction Technique(s) may have prevented the incident?

- Self-Trigger...
- Analyze Close Calls...
- Look at Others...
- Work on Habits.

Name

Dept.

Date

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Work on Habits

Critical Error Reduction Technique

What habit(s) have you improved to the point where you're doing it more than 75% of the time?

- Test your footing when you get out of the car.
- Look before you rest your hand on something.
- Move your eyes before you move your body or your car.
- Get your eyes back on the road if you've been distracted.
- Look for line-of-fire potential before moving.
- Look for things that could cause you to lose your balance, traction or grip.

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Working on Habits

- Glance up before standing up (to avoid banging your head).
- Keep your hands out of pinch points.
- Have three points of contact when climbing.
- Hold the handrail on stairways.
- Other:

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Look for Risk Patterns

Critical Error Reduction Technique

Look at others for the patterns that increase the risk of injury.

Who?

- Family Member
- Friend
- Stranger

Where?

- At Home
- On the Road
- On TV

What States and Errors do you think may have been involved?

- Rushing
- Frustration
- Fatigue
- Complacency
- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/
Grip

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Risk Pattern Details

Action Taken to Correct the Situation (if any)

Name

Dept.

Date

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