

What's Your SAFESTART Story?



Part One - Tell Your Story

What were you doing? What was your state of mind, and what happened?

What went wrong? (Critical Error(s))

What was the injury?

How could it have been worse?

Part Two - States & Errors

What were the States?

- Rushing
- Frustration
- Fatigue
- Complacency

What were the Errors?

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

Part Three (Optional) - Critical Error Reduction Techniques (CERT)

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

- Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error
- Analyze close calls and small errors (to prevent agonizing over big ones)
- Look at others for the patterns that increase the risk of injury
- Work on habits

Part Four (Optional) - Support Material

Would a photo, video, or image help illustrate this story?

Include where possible, or draw on the reverse.

Name: _____

Company: _____

Story #: _____

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