

STAY ALERT in the workplace

Situational awareness mindset

When it comes to noticing what's happening around you, which mindset are you in?

Target Area

Zero awareness

- Completely unaware of surroundings
- Would not recognize potential danger

Relaxed awareness (This is where you want to be)

- Casual and relaxed
- Alert to surroundings and people
- Looking for changes in your environment

On alert

- Something doesn't feel right
- Gut feeling/intuition
- Take a breath and look around

Take action!

- Fight or run. Don't freeze
- Heart rate increases, tunnel vision, world slows down and gets quiet

Panic

- You freeze
- Your brain and body stop communicating
- This pause could cost you

Situational awareness mindset

What is situational awareness?

Casually and constantly being aware of what is around you so that you can predict and respond to an incident.

Why is it important?

You have the tools – your senses, instinct and experience – to predict others' behavior.

By examining your environment you can identify emergency exits and be prepared should an incident occur.

How do you notice a change in your environment?

1. Look for behavior that doesn't fit
2. Pay attention to body language
3. Look for little changes. Are they being caused by something big?
4. Something just doesn't look right

What you can do

1. Stay in condition yellow
2. Know how to exit your workplace
3. Set up your work area to allow for awareness and safety

Ask yourself

1. Am I exercising sound judgment?
2. Is my attitude influencing me to go against my intuition or gut feeling?
3. How familiar am I with the environment?
4. How should I share my concerns and observations?

What not to do

1. Ignore your intuition
2. Get close enough for physical contact
3. Lose focus on workplace surroundings
4. Become hyper-focused on one thing