

Routine work can dull alertness, and the caution that existed when the job was new and interesting can slowly fade.

In many jobs the same route is traveled daily over the same roads, or the same tasks are repeated with little conscious thought. Without some periodic reawakening to the ever-present hazards, lethargy deepens and the odds of an accident occurring can increase.

Workers may not always recognize the importance of safety training or think of it as unnecessary because they have "been doing it for years" but an important benefit of periodic safety training is the reminder that a danger can exist and the no one is immune to accidents.

Safety training should be organized so that the material is presented to match the job task steps.

Make sure every worker understands the training material; not just that they attended, or a test was given.

Insist on questions from trainees after a session to tell you what did or did not sink in.

This will let you know what must be reviewed again. If there is a general lack of understanding of hazards or safety rules and practices, schedule another safety meeting or plan a refresher course for a later date.

Employees should be able to immediately practice and apply new knowledge and safety skills.

There should be immediate feedback from workers regarding tasks that are being done both safely and unsafely.

Supervisors should watch employees do their jobs and question them to identify what they do, or do not, know.

Most of these tips are relatively simple and inexpensive solutions, but the safety payoff can be enormous. Remember, training is only effective when workers understand, and use, what they have learned. It takes less than a second to lose the rest of your life.

Let's be safe out there!