

# SafeSELF ACTION PLAN

Your **SafeSELF Action Plan** gives you an opportunity to provide details on two safety-related behaviors that you want to focus on to improve your personal safety and the safety of others.

These can be risk areas identified in the **Managing Safety Self-Awareness** eLearning course you just completed or they may be other behaviors you've engaged in on or off the job.

## #1 RISK AREA YOU WOULD LIKE TO IMPROVE:

WRITE RISK AREA HERE

Examples: Anxious, Distractible, Impatient, Frustration, etc.

Please think of an example related to this risk area that contributed to an unsafe behavior. <i>Describe below:</i>	What you can do to improve your Safety Behavior related to this area? <i>Please add your ideas below:</i>
<p><i>Example: I tend to rush sometimes and take risks I shouldn't. Last week I was up on a ladder and I used to top step to get something just out of my reach. I almost fell off.</i></p> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I should have taken the time to get a higher ladder. I should stop and think about what could go wrong so I don't put myself in an unnecessary risky situation.</i></p> <hr/> <hr/> <hr/> <hr/>

## #2 RISK AREA YOU WOULD LIKE TO IMPROVE:

WRITE RISK AREA HERE

Examples: Anxious, Distractible, Impatient, Frustration, etc.

Please think of an example related to this risk area that contributed to an unsafe behavior. <i>Describe below:</i>	What you can do to improve your Safety Behavior related to this area? <i>Please add your ideas below:</i>
<p><i>Example: I tend to procrastinate tasks because I know it will all work out in the end.</i></p> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I should make a point to notice when a task is more urgent so it gets the immediate attention it needs.</i></p> <hr/> <hr/> <hr/> <hr/>