

Safety Quotient™ is a personality assessment used by leading industrial organizations to reduce incidents and improve employee performance using the **Safety Self-Awareness Model**.

What is SQ™

SQ™ Save Time

SQ™ Saves You Money

SQ™ Improves Your Brand Reputation

SQ™ Helps You Get More Work Done

Less Time on Compliance & Investigation + Fewer Work Stoppages
Lower Costs from Incidents, Turnover, and LTI + Improve Training ROI
Earn More Business + Attract Better Employees, Partners & Vendors
Improve Communication & Teamwork + Improve Leadership

Why Safety Self-Awareness?

The **Safety Self-Awareness Model** improves safety outcomes through data-driven hiring, training and ongoing development. Grounded in *Assessment-Based Learning*, it uses personalized self-study and coaching programs to modify unsafe behaviors.

Why Assessment-Based Learning?

Every employee is different. The best way to predict and improve their behaviors is by first understanding their personality through *Assessment-Based Learning*, a cost-effective and easy-to-implement program proven effective for individuals and organizations.

What is Measured

RESISTANT VS ACCOMMODATING:

This area measures rule following, and openness to new ideas, re-training and coaching.

Left Side

People who score on the left side tend to question rules or processes and may be resistant to new ideas, re-training or coaching.

Self-Coaching Tips

You'd prefer to have freedom in how you do your work.

You're comfortable questioning how things are done.

Ask your supervisor if you want to know the reasons for rules or procedures.

Give improvement ideas to your supervisor, not your co-workers.

Mid Range

People who score in the mid range have an average level of openness to re-training, new ideas, coaching and generally accept existing rules and processes.

You're comfortable working within existing rules & procedures.

Stay up to date on policies & rules.

Ask your supervisor if you want to know the reasons for rules or procedures.

Give your improvement ideas to your supervisor, not your co-workers.

Right Side

People who score on the right side are open to new ideas, coaching and re-training and tend to follow rules and processes without questioning them.

You're comfortable working within existing rules & procedures.

Stay up to date on policies & rules.

Ask your supervisor if you want to know the reasons for rules or procedures.

It's ok to question existing rules, processes and procedures.

ANXIOUS VS CALM:

This area measures a person's ability to handle stress and think clearly under pressure.

Left Side

People who score on the left side may quickly feel stress in unexpected, uncomfortable or unfamiliar situations.

Mid Range

People who score in the mid range can usually handle stress well when in unexpected, uncomfortable or unfamiliar situations

Right Side

People who score on the right side tend to be calm and confident under stress and pressure

Self-Coaching Tips

Take a minute to re-focus when you start to feel rushed.

Try to limit your time working under high stress or pressure.

You're able to stay calm when under stress.

Ask your supervisor for regular feedback on your performance.

Remind yourself that mistakes are developmental opportunities.

Let others know when you are stressed since you may not show it.

Remind yourself to see mistakes as improvement opportunities.

Take a minute to re-focus when you feel rushed.

Volunteer for tasks that require thinking clearly under pressure.

Try to limit your time working under high stress or pressure.

Continue with skill development in order to keep building confidence.

Keep in mind that you have to react immediately in urgent situations.

IMPATIENT VS PATIENT:

This area measures a person's level of emotional control and how stress affects how they deal with others.

Left Side

People who score on the left side may become quickly annoyed or irritated by others.

Mid Range

People who score in the mid range can usually handle stress without becoming annoyed or irritated by others.

Right Side

People who score on the right side are able to control their emotions under stress and rarely become irritable.

Self-Coaching Tips

You may get annoyed easily when you're stressed, tired or in a rush.

Tell your supervisor if something is bothering or distracting you.

Tell your supervisor if something is bothering or distracting you.

Count to 10 to "cool off" after becoming irritated.

Keep in mind that you may get annoyed more easily when you're stressed.

You're able to handle stress & discomfort without becoming irritable.

Try not to take others' behavior personally.

Count to 10 to "cool off" after becoming irritated.

Make sure you immediately correct unsafe behavior in other team members.

Walk away from conflict.

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Walk away from conflict.

Concentrate on things you can control

DISTRACTIBLE VS FOCUSED:

This area measures a person's level of focus and the need for variety and stimulation.

Left Side

People who score on the left side tend to seek stimulation and variety, and may be easily distracted or bored.

Mid Range

People who score in the mid range can usually stay focused without becoming distracted or bored.

Right Side

People who score on the right side are able to stay focused and alert when doing routine, repetitive or tedious tasks.

Self-Coaching Tips

Recognize when you become bored or restless.

Recognize when you become bored or restless.

You can be effective in tasks requiring focus and concentration.

Take a "time out" and organize yourself if you're feeling distracted.

Take a "time out" and organize yourself if you're feeling distracted.

You may become bored when doing repetitive work.

Force yourself to stay focused when doing safety-sensitive tasks.

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Ask your supervisor for occasional variety in your tasks.

Break up your work into 30 minute chunks when you can.

Break up your work into 30 minute chunks.

Organize yourself fully before and after tasks.

IMPULSIVE VS CAUTIOUS:

This area measures a person's level of cautious when making decisions.

Left Side

People who score on the left side tend to decide quickly and may underestimate the consequences of their decisions.

Mid Range

People who score in the mid range have an average level of caution and usually evaluate their decisions before acting.

Right Side

People who score on the right side tend to carefully evaluate their decisions before acting.

Self-Coaching Tips

Watch that you don't become overconfident and take unsafe risks.

You tend to have a good understanding of risks & outcomes.

You tend to think things through before acting.

Always consider possible negative consequences of your actions.

Watch that you don't become overconfident.

You're good at considering possible negative consequences of actions.

Resist the temptation to bend rules and policies.

Always consider possible negative consequences of your actions.

You're not likely to take unnecessary risks.

Don't underestimate the risks of not following standard procedures.

Remember that sometimes it's best to take immediate action.

Remember that sometimes it's best to take immediate action.

THRILL SEEKING VS APPREHENSIVE:

This area measures a person's level of excitement seeking.

Left Side

People who score on the left side tend to seek excitement, are comfortable with uncertainty and get satisfaction from completing risky tasks or actions.

Mid Range

People who score in the mid range have an average level of excitement seeking and usually do not prefer risk taking and uncertainty.

Right Side

People who score on the right side do not seek excitement and are often uncomfortable with uncertainty and taking risks.

Self-Coaching Tips

You're comfortable with uncertainty and risk.

You're open to trying new ways of completing tasks.

You may not recognize when risks should NOT be tolerated.

You may benefit from relying on other team members to identify unnecessary risks.

You're not likely to be fearful of taking reasonable risks.

You're able to recognize risks that can be avoided.

You may become bored with tasks that you have already mastered.

You may not always recognize when risks should NOT be tolerated.

You can easily identify risks that can be avoided.

You are able to recognize and point out others' risky behavior

You may find it difficult to take risks even when it is necessary.

You may avoid trying new ways to complete tasks or experimenting with new ideas.