



DRIVER SAFETY QUOTIENT™



PARTICIPANT REPORT
For Self-Coaching & Self-Awareness

Kelly Sample



Safety Personality Defined

- This section is a summary of your **safety-related personality traits** calculated from the assessment you completed.
- Everyone has core personality traits and tendencies or "**default settings**" that affect behaviors.
- "Default settings" can be hard to change, but you can **reduce risk** by increasing self-awareness & choosing safe behaviors.

Your Primary Driving Traits



These are the most extreme scores from your personality profile below.

Your Driver Safety Personality Profile:



The marker represents your results. The average results of working adults is at the middle point of each dimension.

Disclaimer: We cannot predict the occurrence of specific incidents. We can only predict the probability that people will engage in certain behaviors which, if they persist, will increase the likelihood of incidents. These assessment results should always be considered in the context of all available information about a person and should not be used as the sole factor for making employment-related decisions.

Dimension 1: Resistant vs. Accommodating

Resistant

Questions driving rules and guidelines, may be resistant to feedback.



Accommodating

Follows driving rules and guidelines without questioning.

You scored in the MID RANGE.

This area measures rule-following and openness to new ideas, re-training and coaching. People who score in the mid range have an average level of openness to re-training, new ideas, coaching and generally accept road rules and regulations.

Positive aspects of how you scored:

- You're comfortable working within existing rules & procedures
- You respect policies and rules
- You're comfortable questioning how things are done

Risk areas and self-coaching tips for you:

- It's ok to stop and question things if you need to
- Ask your supervisor if you want to know the reasons for rules
- Give your improvement ideas to your supervisor, not your co-workers

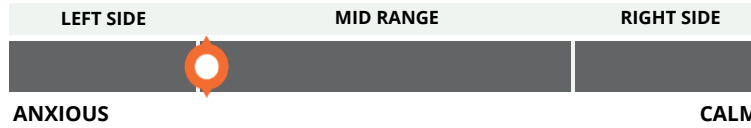
Consider **Resistant vs. Accommodating** and think of how it applies to you:

Please think of an example of where being Resistant vs. Accommodating contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<p><i>Example: I'm usually skeptical of new rules and procedures. I hate new rules when they put them in place and ignore them at first.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I should consider that there are reasons behind the set procedures in place - it's for my own safety.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Dimension 2: Anxious vs. Calm

Anxious

Quickly feels stress in unexpected or unfamiliar driving situations.



Calm

Even-tempered, stress-tolerant, calm when driving under pressure.

You scored in the MID RANGE.

This area measures a person's ability to handle stress and think clearly under pressure. People who score in the mid range can usually handle stress well when in unexpected, uncomfortable or unfamiliar driving situations.

Positive aspects of how you scored:

- You're able to be effective when under normal levels of stress
- You can handle pressure
- You're receptive to feedback and coaching

Risk areas and self coaching tips for you:

- Review training to stay confident in your abilities
- Ask your supervisor for regular feedback on your performance
- Remind yourself to see mistakes as improvement opportunities

Consider Anxious vs. Calm and think of how it applies to you:

Please think of an example of where being Anxious vs. Calm contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<p><i>Example: I get stressed when I have deadlines. Last week I worked too fast and I wasn't careful enough because we had a deadline.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: Try not to get stressed so easily by focusing on high priority work - one thing at a time.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Dimension 3: Impatient vs. Patient

Impatient

May become annoyed or irritated by other drivers when under stress.



Patient

Not easily frustrated or annoyed by other drivers.

You scored in the MID RANGE.

This area measures a person's level of emotional control and how stress affects how they deal with others. People who score in the mid range can usually handle stress when driving without becoming annoyed or irritated by others.

Positive aspects of how you scored:

- You respond well to positive feedback
- You can stay even-tempered under typical job stress
- You are a supportive team member

Risk areas and self coaching tips for you:

- Help others by being a supportive team member
- Don't avoid correcting the unsafe behavior of other team members
- You may become more critical of others' behavior, when under stress

Consider **Impatient vs Patient** and think of how it applies to you:

Please think of an example of where being Impatient vs. Patient contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<p><i>Example: I get really annoyed when I'm trying to focus and I get interrupted. This happens often with a worker who is too talkative.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I should let others know not to interrupt me unless it's important. If I get interrupted anyway I shouldn't take it personally and get mad.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Dimension 4: Distractible vs. Focused

Distractible

Seeks stimulation and variety. May become distracted while driving.



Focused

Less likely to seek variety & stimulation. Able to ignore distractions.

You scored in the MID RANGE.

This area measures a person's level of focus and their need for variety and stimulation. People who score in the mid range can usually stay focused while driving without becoming distracted or bored.

Positive aspects of how you scored:

- You're able to remain focused and alert
- You can remain mindful of details
- You won't usually become bored or distracted easily

Risk areas and self coaching tips for you:

- You may become bored when doing long stretches of repetitive work
- Ask your supervisor for occasional variety in your tasks
- Organize yourself fully before and after tasks

Consider **Distractible vs. Focused** and think of how it applies to you:

Please think of an example of where being Distractible vs. Focused contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<p><i>Example: A few weeks ago I had to do the same task over and over and I got so bored that my mind started wandering. I almost made a few mistakes because I wasn't paying close attention.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I could talk to my supervisor about assigning me different types of work more often so I can get more variety in my work.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Dimension 5: Impulsive vs. Cautious

Impulsive

Decides quickly, may underestimate consequences



Cautious

Carefully evaluates driving situations before deciding and acting.

You scored on the LEFT SIDE.

This area measures a person's level of caution when making decisions. People who score on the left side tend to decide quickly and may underestimate the consequences of their decisions when driving.

Positive aspects of how you scored:

- You're able to decide quickly
- You tend to take action immediately
- You don't over-analyze situations

Risk areas and self coaching tips for you:

- Watch that you don't rush and take unsafe risks
- Always consider possible negative consequences of your actions
- Resist the temptation to bend rules and policies

Consider **Impulsive vs. Cautious** and think of how it applies to you:

Please think of an example of where being Impulsive vs. Cautious contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<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 the top step to get something just out of my reach. I almost fell off.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <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 a risky situation.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Dimension 6: Thrill-Seeking vs. Apprehensive

Thrill-Seeking

Seeks excitement and adventure, comfortable with uncertainty and risk.



Apprehensive

Tends to avoid or be uncomfortable with risk & uncertainty when driving.

You scored on the LEFT SIDE.

This area measures a person's level of excitement seeking. People who score on the left side tend to seek excitement, are comfortable with uncertainty and tend to enjoy risky driving maneuvers or actions.

Positive aspects of how you scored:

- You're comfortable with uncertainty and risk
- You're open to trying new ways of completing tasks
- You're not likely to be fearful or afraid of taking risks

Risk areas and self coaching tips for you:

- You may benefit from relying on other team members to identify unnecessary risks
- You may not recognize when risks should not be tolerated
- You may become restless or bored with tasks that you have already mastered

Consider **Thrill-Seeking vs. Apprehensive** and think of how it applies to you:

Please think of an example of where being Thrill-Seeking vs. Apprehensive contributed to an unsafe behavior. Describe below:	What can you do to improve your safety-related behavior related in this area? Please add your ideas below:
<p><i>Example: When I get bored, I time myself to see how fast I can do tasks. Sometimes this makes me cut corners or be careless.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Example: I need to focus, work at a steady pace and be careful even when things are getting boring. I can do things that are more exciting outside of work.</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



1. I acknowledge that my top priorities while working on behalf of this company are:

- My personal safety and the well being of those who work for, with, or around me
- The protection of the environment
- Compliance with all applicable security regulations

2. I commit to taking the action steps outlined in Part C: “Creating Your Action Steps” to improve my personal safety and the safety of others.

Behavior 1:

Behavior 2:

3. I agree to provide progress updates to my supervisor at all future reviews that will include:

- a. Progress reports against my goals for improving the two safety behaviors I described in **Part C: Creating Your Action Steps**.
- b. Any challenges I am facing in meeting my improvement goals and what I am doing to address these challenges.
- c. Any incidents of high risk behavior I’ve engaged in.
- d. Any help or assistance I need in meeting my improvement goals.

(Your Name)

(Supervisor Name)

(Your Signature)

(Supervisor Signature)

(Date)

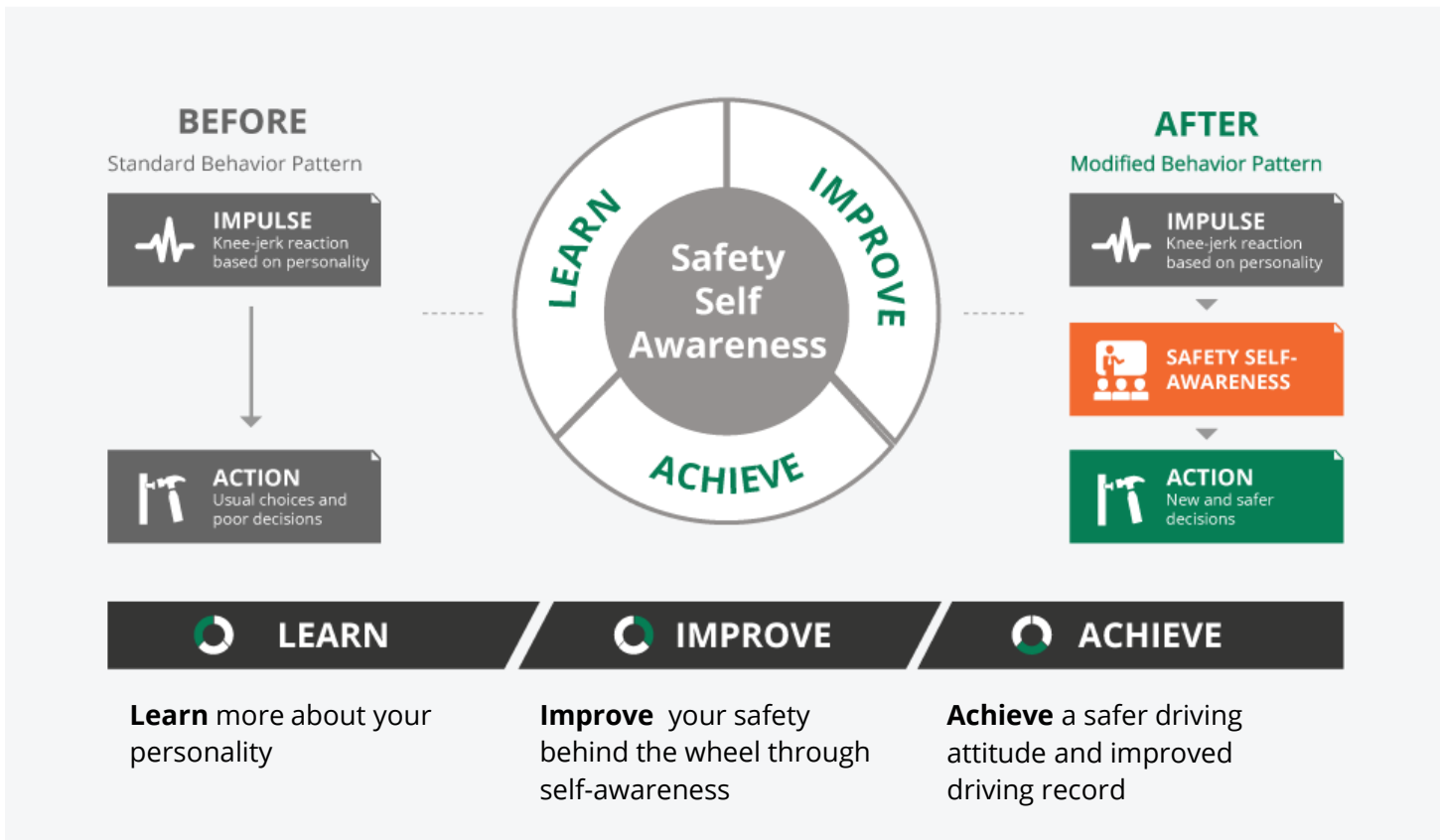
(Date)

DSQ™ DEFINED

DSQ™ (Driver Safety Quotient™) is an assessment tool that measures the key personality factors linked to safety outcomes for drivers.

SAFETY SELF-AWARENESS

Safety Self-Awareness is the process of understanding and recognizing how your thoughts, feelings, and behaviors affect safety outcomes on the job.



About This Report

Purpose

- Summarize your Safety Personality Profile and self-coaching suggestions

Content

- Your Safety Personality Profile
- Self-coaching tips to improve safety
- Workbook for Safety Self-Awareness
- Your commitment

Keep in mind - Consider other factors that affect safety in addition to personality:

- Physical & environmental conditions
- Personal situation (stress, sleep, illness, etc.)