SAFETY HAPPENS

DAILY SAFETY MINDSET CHECKLIST

Safety Happens LLC • www.safety-happens.com • michael@safety-happens.com

"There is nothing more dangerous than complacency backed by a false sense of security." — Michael Lammey

BEFORE YOUR SHIFT STARTS, ANSWER HONESTLY:

☐ 01 **AM I MENTALLY PRESENT?**

Distraction is the first cousin of complacency. Leave personal stressors at the gate.
If you cannot focus, say something. One distracted worker can put an entire crew at risk.

☐ 02 **DO I KNOW TODAY'S HAZARDS?**

Walk the job. Look for what changed since yesterday: new equipment, different crews, shifted materials, weather. Never assume today looks like yesterday.

☐ 03 **IS MY PPE CORRECT AND FUNCTIONAL?**

Not "do I have it" — "is it right for this task and is it working?"
Worn gloves, scratched face shields, and expired respirators are not PPE. They are theater.

☐ 04 **DO I KNOW MY EMERGENCY EXITS?**

Not just the one you came in through. Where is the secondary exit?
Where is the nearest first aid kit, eyewash station, and fire extinguisher?

☐ 05 **HAVE I IDENTIFIED A NEAR-MISS TODAY?**

Near-misses are warnings. If you spotted something that almost went wrong, report it now. Before a shift ends, it could be an incident.

☐ 06 **WOULD I DO THIS TASK THE SAME WAY IF MY SUPERVISOR WAS WATCHING?**

If the answer is no, stop. The gap between your answer and your supervisor's expectation is exactly where injuries live. Close the gap before you start.

☐ 07 **AM I COMFORTABLE SPEAKING UP RIGHT NOW?**

If you see something unsafe, do you feel safe saying it? If not — that is a culture problem, and it belongs in today's safety meeting, not buried.

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Daily Safety Mindset

- ☐ Am I mentally present and focused?
- ☐ Do I know today's specific hazards?
- ☐ Is my PPE correct for this task?
- ☐ Do I know all emergency exits?
- ☐ Have I reported any near-misses?
- ☐ Would I do this the same way with my supervisor watching?

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