

# Safety Holiday Lead Up 2023



# Lead up to Christmas

**Injuries and near misses increase, both at work and in our personal lives, through the holiday period**

## Why?

More risks to manage;

- stress
- celebrations
- fatigue
- reduced personnel
- driving
- temptation to take short cuts
- distractions
- 3rd party behaviour





## **Eat, Drink & be Wary**

**Keep your eyes, and your mind, on the task**

**Always think “What could go wrong?”**

**Understand your key risks & their controls**

**Know what part of the job requires full focus**

**Always avoid shortcuts**

**Slow down**



# Keep your cool & carry on

## Create good habits

- get enough sleep
- stay hydrated
- get exercise
- eat well
- appropriate alcohol intake

## Don't fall for a false sense of security

- know where the next hazard is coming from
- always control the risk

## Stress less

- keep within your spending budget
- don't over commit to friends and family
- simplify social occasions

## Don't get distracted



**Look after the team**

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**Ask for help if you need it & help each other**

**Focus on safe completion of tasks, not fast completion**

**Stop the job if needed**

**Get the whole team to the Christmas break uninjured**





## In closing

**Stay focused on controlling task risks.**

**Stop and reassess if something isn't right or there's a change**

**Nothing is so important that we take shortcuts to get it done by Christmas**

**Watch out for each other and know when to stop the job**

**Apply your safety skills at home.**

**Be prepared, think about the hazards and slow down.**

