



Safety Talk

Situational Awareness

Did you know that we use Situational Awareness everyday, without realizing?

Driving to work this morning, we noticed how close we were to the car in front of us or the blind turn ahead where there is a farmer's field with equipment that can come out from time to time. This is something we do naturally to aid in keeping us safe.



Looking around when you enter a room, looking for things that you can trip over, Spills on the floor, or even things that can be used to harm you is Situational Awareness.

If you sense something is not right, trust your instinct and ask for help or take a second to breathe and reassess the situation. Use your “Spidey sense” to aid in keeping you safe.



WHAT TO DO:



- Be aware of your surroundings. Know where exits are, keep in mind of blind spots or sharp corners where someone could hide
- Watch for signs of agitation. Things like clenched fists or jaw, “thousand yard stare”, pacing or changes in tone of voice
- Watch the hands. Ask to see their hands if they are in their pockets, or ask to empty their pockets for your safety and theirs.
- Maintain a safe reactionary gap. Remember that a reaction to a strike will always be slower than the strike itself.
- Minimize distractions. Remain present in your environment, do not allow yourself to be task oriented and miss the signs of something to come.
- Trust your instincts! If you feel unsafe, ask for assistance or leave the area to find assistance.
- PAUSE. TAKE A BREATH. Assess and reassess the situation to prepare for your desired outcome.
- If you believe you are in immediate danger, or the situation escalates beyond your ability to safely manage. CALL 911

DATE:

FACILITY:

SAFETY TALK LEAD BY:

DEPARTMENT:

DISCUSSION QUESTIONS:

How do you use situational awareness in your day to day life?

What are some areas in or around your area that this process can be used?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org

Safety Talks can be found on the Staff Resource Centre at:
<https://src.healthpei.ca/safety-talks>