



 **SAFESTART[®] FORUM** 
FOR HUMAN FACTORS PRACTITIONERS

2024

**ORLANDO, FL
APRIL 23 & 24**

SAFESTART REFRESH CHALLENGE

Session Presenters: Mark MacLellan
Joe Tantarelli



 **SAFESTART[®] FORUM**
FOR HUMAN FACTORS PRACTITIONERS

SAFESTART REFRESH CHALLENGE
Be A SafeStart Know It All

Your Hosts:

Mark MacLellan

and

Joe Tantarelli

COURSE INTRODUCTION

Welcome to the SafeStart Refresh Challenge.



EMERGENCY
PROCEDURES



RESTROOM
LOCATIONS



CELLPHONE
USAGE

A DIFFERENT KIND OF SAFESTART UNIT

This session will be a little different than your previous experience with SafeStart.

In this session, you'll be forming teams and we'll be playing a game that will "refresh" your knowledge of SafeStart concepts and how to use them effectively.





The point of this game is to get the most answers right.

There will be seven rounds of questions, totaling 40 points.

The game will take 75 minutes to play along with the scoring rounds.

SAFESTART NOW REFRESHER

SCORING PAGE

USE THIS AREA TO SCORE YOUR TEAM'S WORKBOOK

Name of your team: _____

1	IMAGE ROUND	/5
2	TRUE/FALSE ROUND	/5
3	MULTIPLE CHOICE ROUND	/5
4	PRACTICE BUILDING HABITS ROUND	/5
5	FILL IN THE BLANK ROUND	/5
6	AUDIO ROUND	/5
7	STORY ANALYSIS ROUND	/10
FINAL SCORE=		/40
	TIEBREAKER <small>(Tiebreaker round only if required)</small>	/1

5

FORM AND NAME YOUR TEAM!

Normally on your site we will have you work in classroom sizes of 15-25 splitting into teams.

For our purposes today the direct answer questions, you will answer in the workbook and then we will immediately ask for your answers.

For the following 3 sections we will ask you to record your answers in your workbook and then discuss in your table groups, the consensus answer





On page 4 of your workbook, there is a review of core SafeStart concepts.

Keep this page handy and return to it if you are stumped.

In a moment, we will review these concepts.

- 1 Each team member fills in their own workbook.
- 2 Choose a “consensus answer” book and score that one.
- 3 Don’t call out the answers.
- 4 Use the review sheet on page 4.
- 5 This unit reviews your knowledge of SafeStart Now training, not general safety.

HOST INTRODUCTIONS



Mark MacLellan



Joe Tantarelli

LET'S BEGIN!

We will now begin the refresher game!

SAFESTART[®] NOW

SAFESTART NOW REFRESHER

24/7 SAFETY KEEP YOUR FAMILY SAFE
See back section of workbook





For this round, answer the questions about the images found on **pages 6 & 7**. There will be one point per question and no half points allowed.



ROUND 1

IMAGES – QUESTION 2

2. Which one of the four errors is this icon associated with?



1

IMAGES – QUESTION 2

ROUND 1

2. Which one of the four errors is this icon associated with?

Eyes not on task

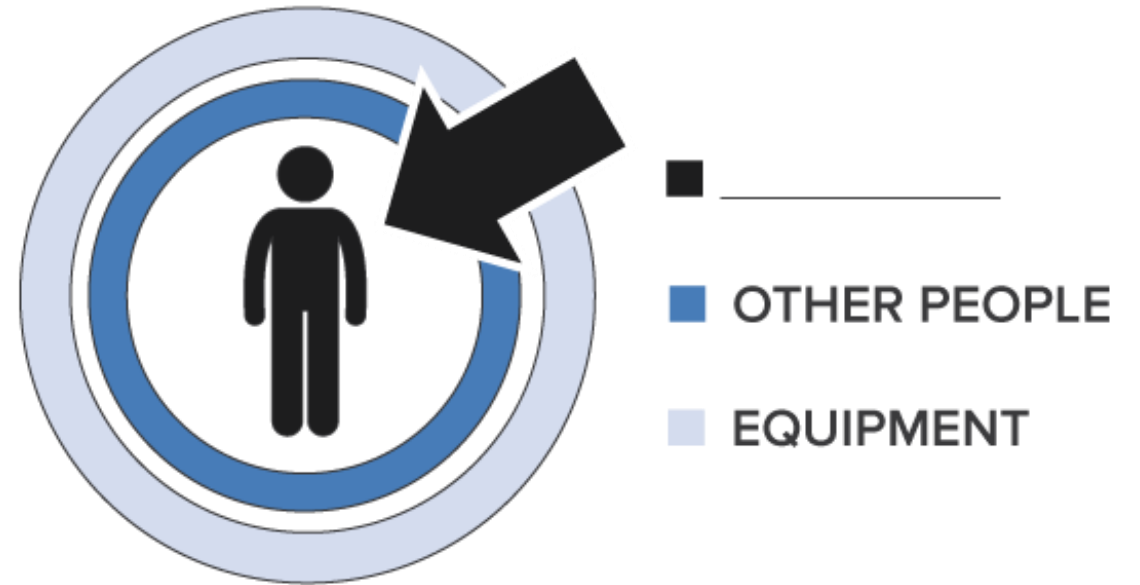




ROUND 1

IMAGES – QUESTION 4

4. In this **Sources of Unexpected Events** diagram, which area is missing?



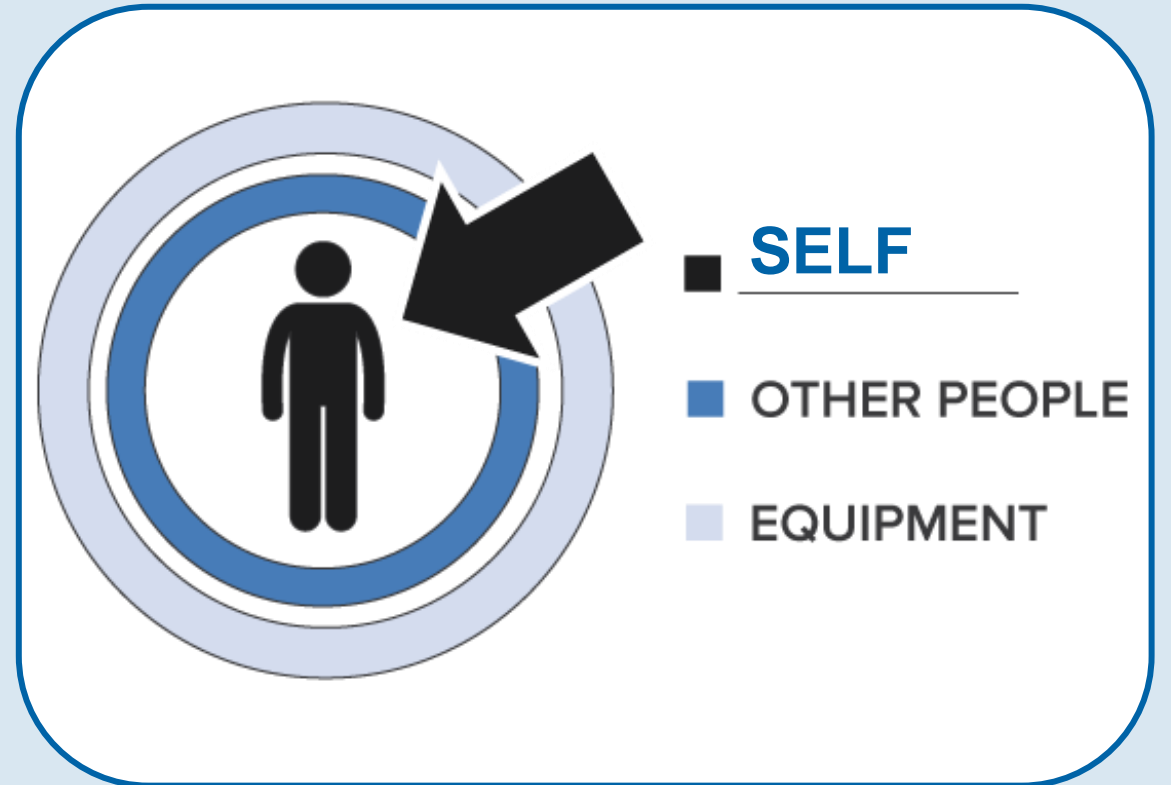
1

IMAGES – QUESTION 4

ROUND 1

4. In this **Sources of Unexpected Events** diagram, which area is missing?

Self



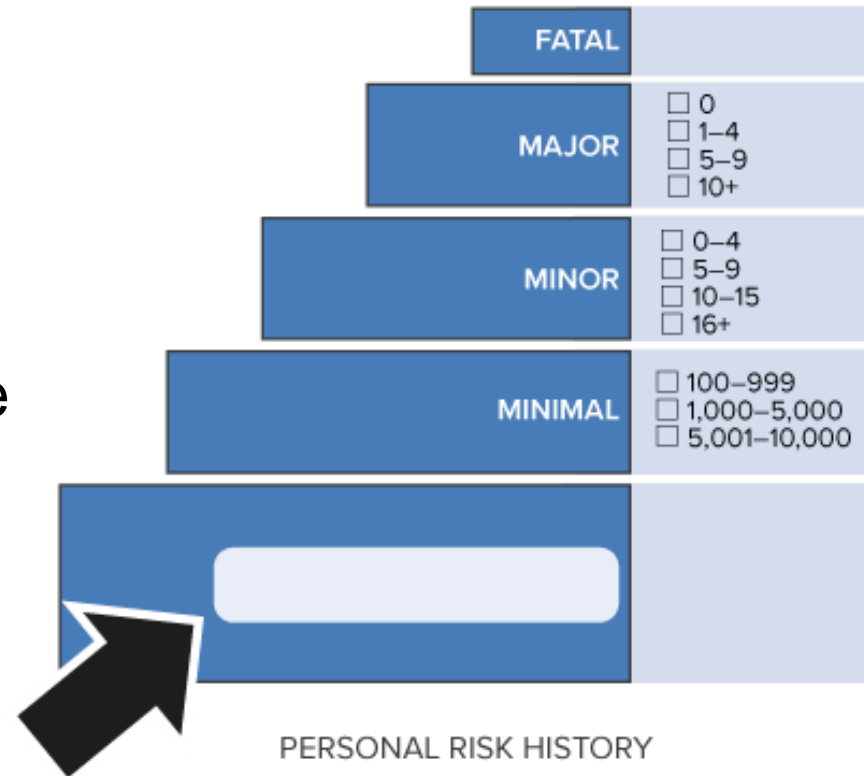
The self area has to do with times when our behavior is unexpected, creating risk of injury.



ROUND 1

IMAGES – QUESTION 5

5. What name does SafeStart give to the events at the bottom of the risk boxes?



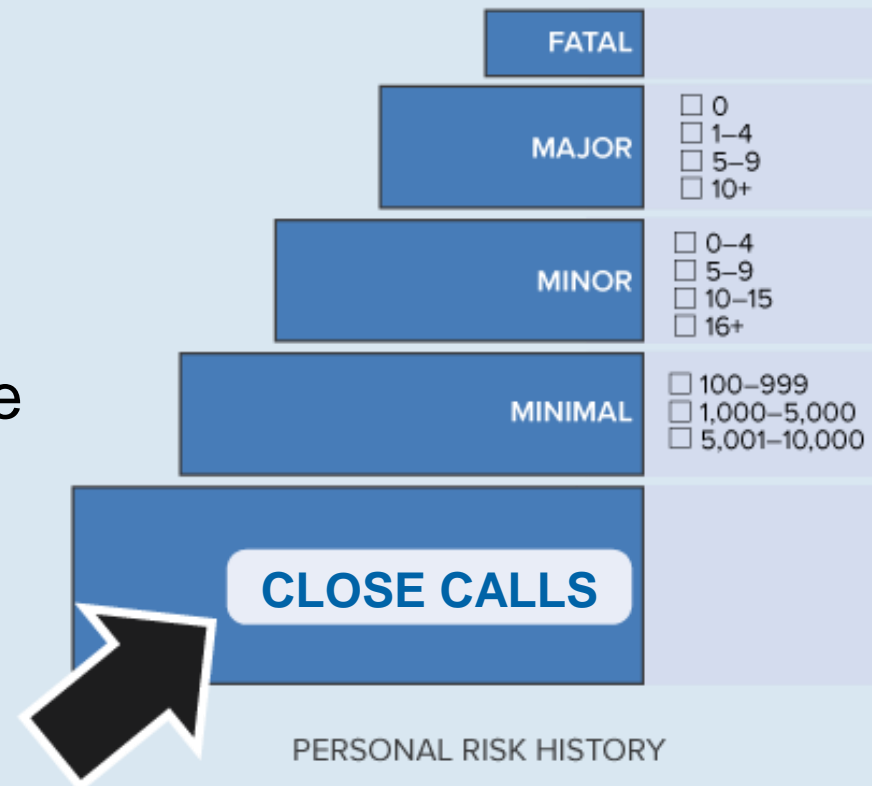


ROUND 1

IMAGES – QUESTION 5

5. What name does SafeStart give to the events at the bottom of the risk boxes?

Close calls



We have all likely had many close calls in our lives.





For this activity, identify whether each statement is true or false in terms of *what you learned about in your SafeStart Now training.*

2

TRUE/FALSE – QUESTION 2

ROUND 2

2. Complacency is the easiest state to become aware of in yourself.

Check True or False in your workbook.

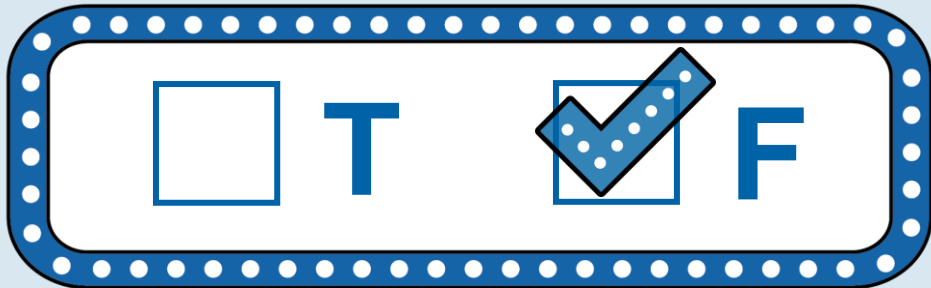




TRUE/FALSE – QUESTION 2

ROUND 2

2. Complacency is the easiest state to become aware of in yourself.



Complacency is harder to recognize because we don't notice it happening.



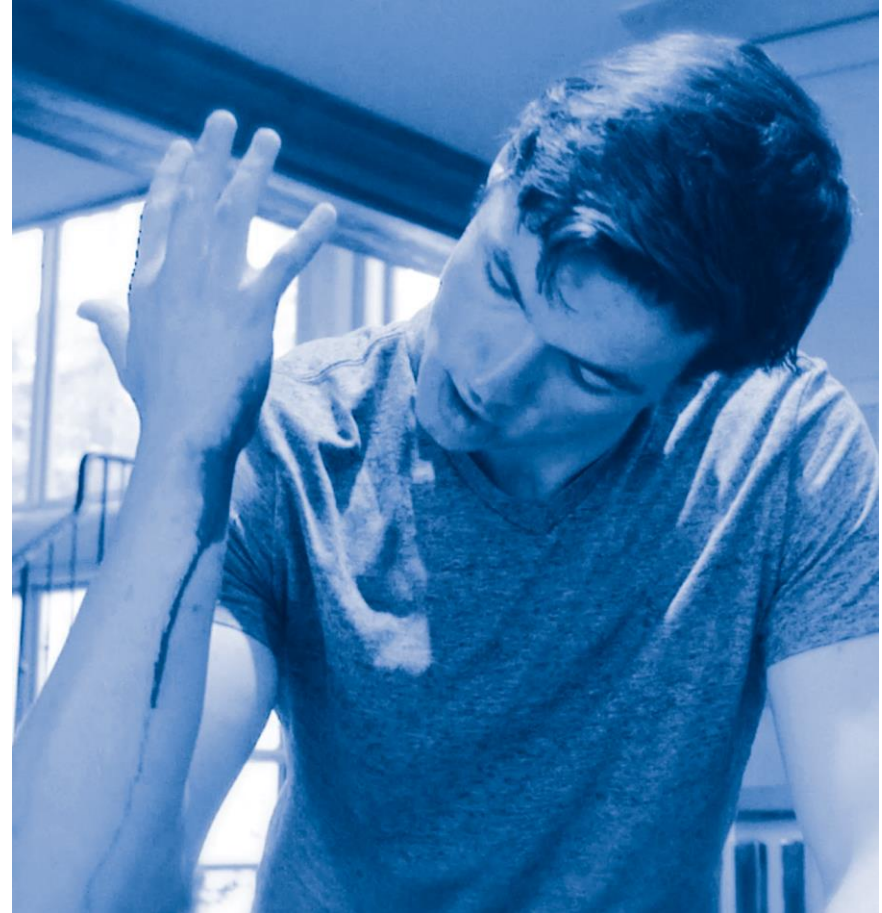


ROUND 2

TRUE/FALSE – QUESTION 4

4. Most people find that their worst injury comes from their most dangerous activity.

Check True or False in your workbook.





ROUND 2

TRUE/FALSE – QUESTION 4

4. Most people find that their worst injury comes from their most dangerous activity.

T F

SafeStart has found that the opposite is true. 80-90% of people will say their worst injury came from an activity they didn't perceive as dangerous.





ROUND 2

TRUE/FALSE – QUESTION 5

5. You are most likely to get injured while driving.

Check True or False in your workbook.



2

TRUE/FALSE – QUESTION 5

ROUND 2

5. You are most likely to get injured while driving.

T F

According to Injury Facts, over 80% of injuries happen in the home.

Remember though that in terms of fatalities, driving is still the most dangerous thing that you do.





Circle the answer that matches up best with ***the concepts you learned about in your SafeStart Now training.***



ROUND 3

MULTIPLE CHOICE – QUESTION 1

1. Noticing that you are going too fast and then correcting your behavior to go slower is an example of the _____ CERT.

- a) Looking at others
- b) Analyzing close calls
- c) Self-trigger
- d) Being nice to others

Circle best option in your workbook.





ROUND 3

MULTIPLE CHOICE – QUESTION 1

1. Noticing that you are going too fast and then correcting your behavior to go slower is an example of the _____ CERT.

- a) Looking at others
- b) Analyzing close calls
- c) Self-trigger
- d) Being nice to others

c) Self-trigger



ROUND 3

MULTIPLE CHOICE – QUESTION 4

4. You can reduce your complacency by looking for the following in others:

Circle best option in your workbook.

- a) Evidence of previous injuries
- b) Risk patterns
- c) Suspicious behavior
- d) Extreme emotions





ROUND 3

MULTIPLE CHOICE – QUESTION 4

4. You can reduce your complacency by looking for the following in others:

b) Risk patterns

- a) Evidence of previous injuries
- b) Risk patterns
- c) Suspicious behavior
- d) Extreme emotions



ROUND 3

MULTIPLE CHOICE – QUESTION 5

5. Close calls are valuable because they are a _____ learning opportunity.

- a) Forgettable
- b) Costly
- c) Pointless
- d) Free

Circle best option in your workbook.





ROUND 3

MULTIPLE CHOICE – QUESTION 5

5. Close calls are valuable because they are a _____ learning opportunity.

- a) Forgettable
- b) Costly
- c) Pointless
- d) Free

d) Free





ROUND 4

PRACTICE BUILDING HABITS

Watch the following clips and then check the box beside the habit that would have helped each person to be safer.

Look for the habit that would have helped the most if you are trying to decide between two.

4

Safety-Related Habits

- Test your footing or grip before you commit your weight (getting out of car, etc.)
- Look carefully at anything you are going to stick your hand into or rest your hand on
- Move your eyes first before you move your hands, feet, body or car
- Get your eyes back on the road quickly if you've been distracted
- Look for line of fire potential before moving (blind corners, aisleways, etc.)



[More safety-related habits →](#)

5

Safety-Related Habits, Continued

- Look for things that could cause you to lose your balance, traction or grip
- Glance up before standing up or raising your hands (bang head or hands, etc.)
- Keep your hands out of pinch points
- Use three-point contact when ascending or descending (ladders, mobile equipment, etc.)
- Hold the handrail on stairways
- Other: _____



ROUND 4

PRACTICE BUILDING HABITS – QUESTION 1

1. Which safety-related habit would have helped this person most?

Check the appropriate box in your workbook.





ROUND 4

PRACTICE BUILDING HABITS – QUESTION 2

2. Assume that this person takes their left foot off the ladder to get more reach. Which habit were they forgetting about leading to an increased risk of injury?

Check the appropriate box in your workbook.





ROUND 4

PRACTICE BUILDING HABITS – QUESTION 4

4. Which specific safety related habit would have helped this person most?

Check the appropriate box in your workbook.



SCORING ROUND

4





ROUND 4

ANSWERS



ROUND 4

PRACTICE BUILDING HABITS – QUESTION 1

1. Which safety-related habit would have helped this person most?



4

Safety-Related Habits

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More safety-related habits →

5

Safety-Related Habits, Continued



Look for things that could cause you to lose your balance, traction or grip

- Glance up before standing up or raising your hands (bang head or hands, etc.)
- Keep your hands out of pinch points
- Use three-point contact when ascending or descending (ladders, mobile equipment, etc.)
- Hold the handrail on stairways
- Other: _____



ROUND 4

PRACTICE BUILDING HABITS – QUESTION 2

2. Assume that this person takes their left foot off the ladder to get more reach. Which habit were they forgetting about leading to an increased risk of injury?



4

Safety-Related Habits

- Test your footing or grip before you commit your weight (getting out of car, etc.)
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More safety-related habits →

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Safety-Related Habits, Continued

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- Other: _____



ROUND 4

PRACTICE BUILDING HABITS – QUESTION 4

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Safety-Related Habits

- Test your footing or grip before you commit your weight (getting out of car, etc.)
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More safety-related habits →

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Safety-Related Habits, Continued

- Look for things that could cause you to lose your balance, traction or grip
- Glance up before standing up or raising your hands (bang head or hands, etc.)
- Keep your hands out of pinch points
- Use three-point contact when ascending or descending (ladders, mobile equipment, etc.)
- Hold the handrail on stairways
- Other: _____





For this activity, fill in the answers that match up best with *the concepts you learned about in your SafeStart Now training.*



ROUND 5

FILL IN THE BLANK – QUESTION 2

2. The four most important elements of a SafeStart story are:
- a) What happened?
 - b) What state or states?
 - c) What critical errors?
 - d) _____





ROUND 5

FILL IN THE BLANK – QUESTION 2

2. The four most important elements of a SafeStart story are:
- a) What happened?
 - b) What state or states?
 - c) What critical errors?

d) How could it have been worse?





ROUND 5

FILL IN THE BLANK – QUESTION 2

Thinking of how things could have been worse allows you to imagine the cost of unsafe actions.

Because you can see it in your mind, your brain will now work to avoid the outcome leading to safer action.





ROUND 5

FILL IN THE BLANK – QUESTION 4

4. According to SafeStart clients, our training helps companies to improve not only safety but also

_____.





ROUND 5

FILL IN THE BLANK – QUESTION 4

4. According to SafeStart clients, our training helps companies to improve not only safety but also

performance or productivity.





ROUND 5

FILL IN THE BLANK – QUESTION 5

5. When we are overwhelmed by rushing, frustration or fatigue, our h_____s can be a safeguard because we don't have to think about them carefully.





ROUND 5

FILL IN THE BLANK – QUESTION 5

5. When we are overwhelmed by rushing, frustration or fatigue, our h_____s can be a safeguard because we don't have to think about them carefully.

habits





Listen to the short audio, describing a behavior that was used to lessen the risk of the injury.

Then, identify which of the four CERTs was used in the video.

You do not need to mention specific habits.



ROUND 6

AUDIO – QUESTION 1

1. Which critical error reduction technique was used to reduce the risk of injury?
 - Look for risk patterns
 - Analyze close calls
 - Practice building habits
 - Self-trigger





ROUND 6

AUDIO – QUESTION 4

4. Which critical error reduction technique was used to reduce the risk of injury?
- Look for risk patterns
 - Analyze close calls
 - Practice building habits
 - Self-trigger





ROUND 6

AUDIO – QUESTION 5

5. Which critical error reduction technique was used to reduce the risk of injury?
- Look for risk patterns
 - Analyze close calls
 - Self-trigger
 - Practice building habits



SCORING ROUND





ROUND 6

ANSWERS



ROUND 6

AUDIO – QUESTION 1

1. Which critical error reduction technique was used to reduce the risk of injury?
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ROUND 6

AUDIO – QUESTION 4

4. Which critical error reduction technique was used to reduce the risk of injury?
- Look for risk patterns
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 - Practice building habits
 - Self-trigger





ROUND 6

AUDIO – QUESTION 5

5. Which critical error reduction technique was used to reduce the risk of injury?
- Look for risk patterns
 - Analyze close calls
 - Self-trigger
 - Practice building habits





ROUND 7
STORY ANALYSIS

Read the scenario and then answer the follow-up questions.

Make sure to read each question closely to determine if one answer or more than one is being asked for.

The following are true SafeStart client stories.



ROUND 7

STORY ANALYSIS – QUESTION 1

“While removing the siding from my house I started to do too much too quickly as the day was getting late.

Losing my focus on my surroundings, I was only looking where I wanted to go instead of what was around me.

I tripped over some extension cords I was using and nearly fell.”





ROUND 7

STORY ANALYSIS – QUESTION 1

a) Which one of the four states was likely the biggest contributing factor to this outcome?

- Rushing
- Frustration
- Fatigue
- Complacency





ROUND 7

STORY ANALYSIS – QUESTION 1

b) What errors occurred as a result of this state?

- Eyes not on task
- Mind not on task
- Line of fire
- Balance, traction, grip





ROUND 7

STORY ANALYSIS – QUESTION 1

- c) Which CERT would have reduced the risk of injury most?
- Look for risk patterns
 - Analyze close calls
 - Practice building habits
 - Self-trigger





ROUND 7

STORY ANALYSIS – QUESTION 2

“I was getting rid of four bags of packing beads by myself, lifting them and carrying them over to a dumpster. When doing so, I would lift the bag into the dumpster's rim so the bottom was high enough that I would be able to cut the bottom of the bag.”

Story cont'd on next slide.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

“Once the bag was pretty much drained, I reached in and shook all the excess beads out. As I was doing this, I started thinking about something else—picking up my kid from soccer practice and what I would be making for dinner tonight.”

Story cont'd on next slide.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

“When doing that I had my arm rested on top of the dumpster with a knife in hand, blade facing towards me. Reaching in to try to shake out the rest of the bag, the blade pressed into my neck and very luckily did not cut a vein.”

End of story.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

a) Which one of the four states was likely the largest contributing factor to this outcome?

- Rushing
- Frustration
- Fatigue
- Complacency





ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

- b) What are the errors that occurred?
- Eyes not on task
 - Mind not on task
 - Line of fire
 - Balance, traction, grip





ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

- c) Which CERT would have reduced the risk of injury most?
- Look for risk patterns
 - Analyze close calls
 - Practice building habits
 - Self-trigger



SCORING ROUND

7





ROUND 7
ANSWERS



ROUND 7

STORY ANALYSIS – QUESTION 1

“While removing the siding from my house I started to do too much too quickly as the day was getting late.

Losing my focus on my surroundings, I was only looking where I wanted to go instead of what was around me.

I tripped over some extension cords I was using and nearly fell.”





ROUND 7

STORY ANALYSIS – QUESTION 1

- a) Which one of the four states was likely the biggest contributing factor to this outcome?



- Rushing
- Frustration
- Fatigue
- Complacency





ROUND 7

STORY ANALYSIS – QUESTION 1

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ROUND 7

STORY ANALYSIS – QUESTION 1

- c) Which CERT would have reduced the risk of injury most?
- Look for risk patterns
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 - Practice habits
 - Self-trigger





ROUND 7

STORY ANALYSIS – QUESTION 2

“I was getting rid of four bags of packing beads by myself, lifting them and carrying them over to a dumpster. When doing so, I would lift the bag into the dumpster’s rim so the bottom was high enough that I would be able to cut the bottom of the bag.”

Story cont'd on next slide.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

“Once the bag was pretty much drained, I reached in and shook all the excess beads out. As I was doing this, I was looking up at a clock and thinking about something else—picking up my kid from soccer practice and what I would be making for dinner tonight.”

Story cont'd on next slide.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

“When doing that I had my arm rested on top of the dumpster with a knife in hand, blade facing towards me. Reaching in to try to shake out the rest of the bag, the blade pressed into my neck and very luckily did not cut a vein.”

End of story.

Q2





ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

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ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

b) What are the errors that occurred?

- Eyes not on task
- Mind not on task
- Line of fire
- Balance, traction, grip





ROUND 7

STORY ANALYSIS – QUESTION 2

Q2

- c) Which CERT would have reduced the risk of injury most?
- Look for risk patterns
 - Analyze close calls
 - Practice building habits
 - Self-trigger



Look for
line of fire
potential





 **SAFESTART[®] FORUM**
FOR HUMAN FACTORS PRACTITIONERS

SAFESTART REFRESH CHALLENGE
Be A SafeStart Know It All

**Stay with us for the After game activity
and
Your Parting Gift**

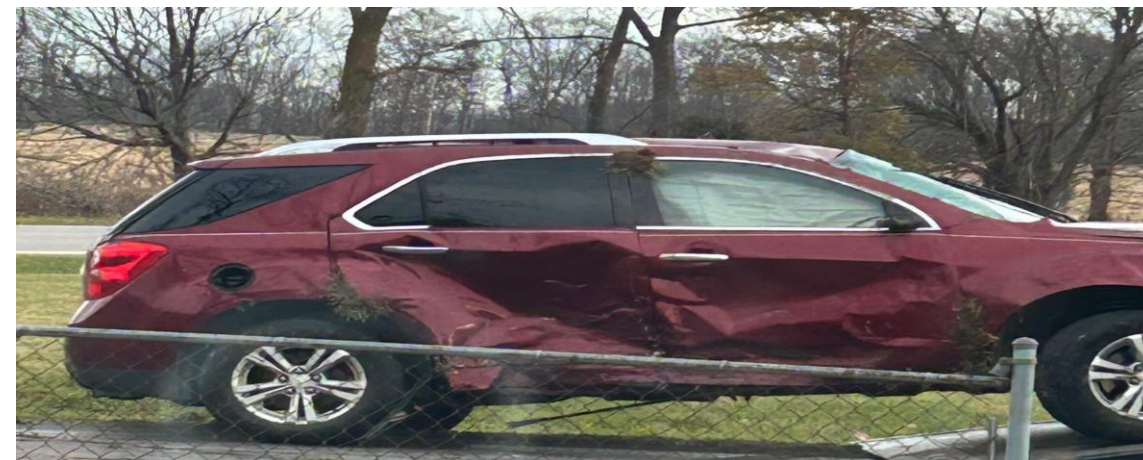
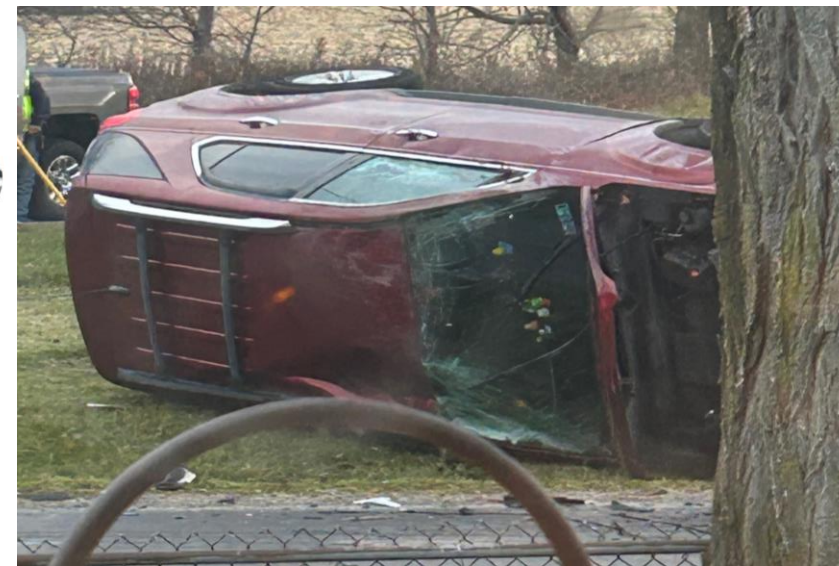
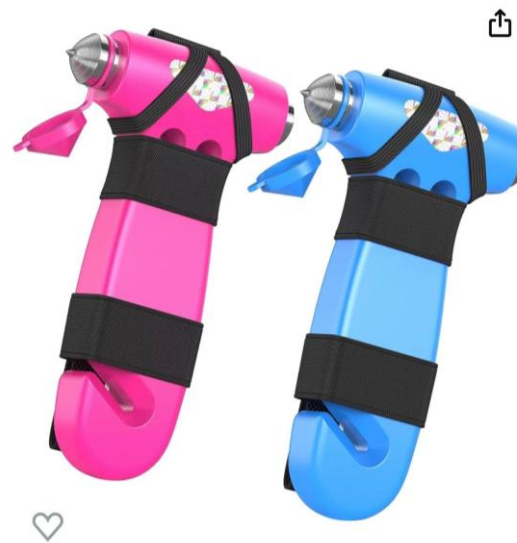
Your Hosts:

**Mark MacLellan
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Safestart Story



Pink & Blue Safety Escape Hammer for Car, Family





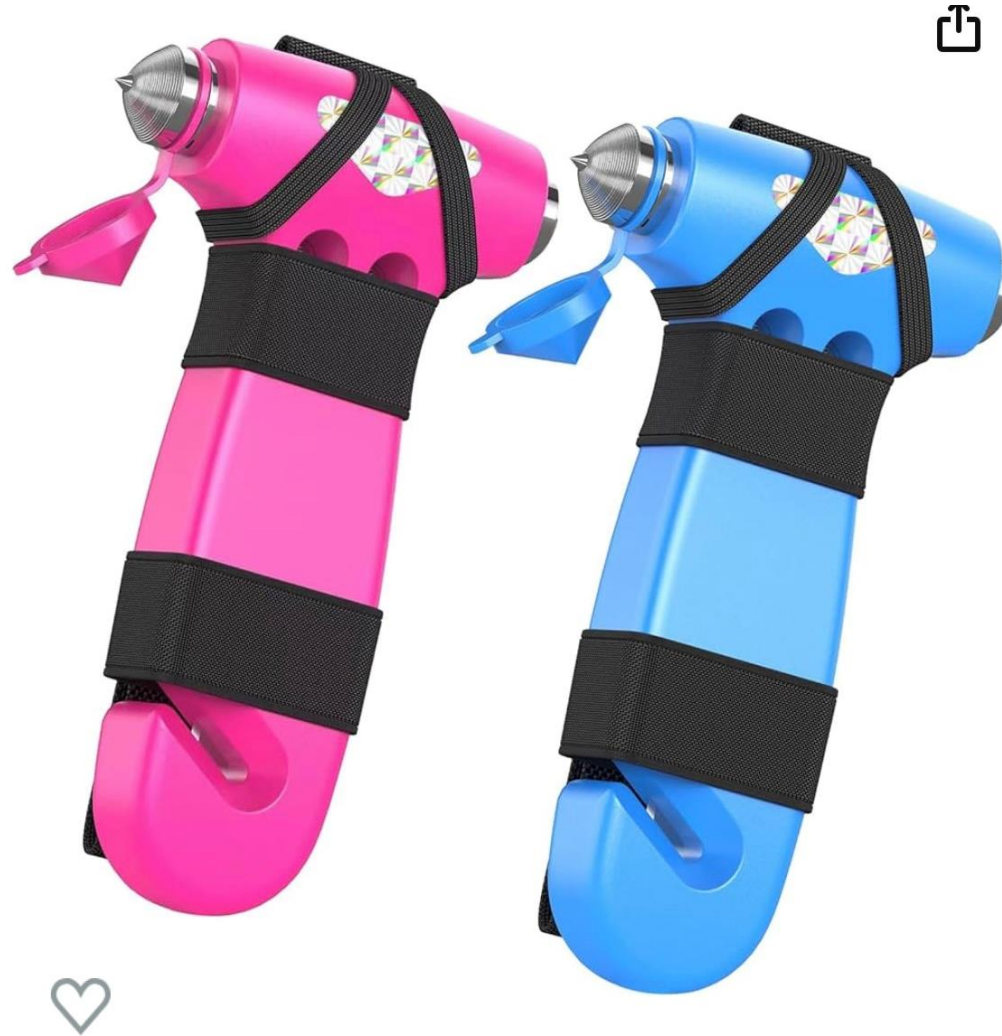
We hope you enjoyed the refresher challenge!

Now that you have SafeStart concepts top of mind, it's a great idea to share some SafeStart stories!

Either as a class or in your teams, turn to page 20 and complete the group activity.



Everyone Will Go Home With A Parting Gift



Questions



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2024

**ORLANDO, FL
APRIL 23 & 24**

THANK YOU FOR ATTENDING!