

December 2018. Four Psychological Factors that Can Get You Injured.

Everyone has blind spots, even when it comes to being safe. A “blind spot” is something that exists but we intentionally or unintentionally discount. Blind spots that increase the risk of injury to an employee/their co-workers can be due to a number of factors such as how the employee views risk or general safety attitudes.

Blind spots can be aggregated into four categories summarized below:

- **Stays in Control.** The basic worker viewpoint that some things are outside one’s control. This is a belief injuries are unavoidable so there’s no point in taking precautions against future injury incidents.
- **Aware of Surroundings.** When the workplace gets busy details get forgotten as worker attention is divided/wavers.
- **Follows Rules.** A basic disregard of rules due to a sense that the rules don’t apply to them, only to other workers.
- **Exhibits Caution.** Lack of worker patience can lead to unnecessary risk-taking.

People generally are unaware of their own blind spots without introspection. Every worker should strive for insight into their personal “blind spots.” This will lead to a decrease in overall workplace exposure to risk and injury. These four factors combine to create the S.A.F.E Model: Stay in control, Aware of surroundings; Follow rules, Exhibit Caution.

Esteban Tristan . “Blind Spots: Four Psychological Factors That Can Get You Injured.” *EHS Today*, 20 Aug. 2018, www.ehstoday.com/safety-leadership/blind-spots-four-psychological-factors-can-get-you-injured.