

The Human Side of Safety



Improving the safety and success of people and the places where they work.

Are You Making the Rounds?

Industrial environments, whether at a plant, shipyard or onboard a ship are challenging and inherently dangerous. The work requires the body to be in constant motion – walking, climbing, and crawling are necessary elements of involved and prudent management. Modern machinery with all its associated systems, even with sophisticated alarms and sensors, still need to be routinely and visually checked.

Maintaining a reasonable level of physical fitness is not just taking care of your body; it is about placing yourself in position to execute your duties safely. It may seem self-evident, but often times it is too easy to miss the connection between what is supposed to be accomplished and being able to consistently do it.

Investing in your health and fitness will go a long way to inspire confidence in your subordinates, your supervisors, and casual observers. Walking your spaces - all of them - especially the hard to reach ones will also keep you from being surprised at the condition of an area or a change of status.

You do not want someone informing you of something that you should have known. It would be best if the attitude and effort toward fitness be a routine part of life as a practical goal to set, and not be an occurrence one ramps up to when the time comes. Working without unduly stressing and potentially injuring yourself is a far better approach. The benefits will be appreciated both personally and professionally.

What would be considered an ideal body or level of fitness varies from person to person. There is no 'one size fits all,' but there should be a sense of what one can do to strive and put themselves in a position to safely and reliably carry out any and all aspects of the job.

Accurate inspections, broadened knowledge, stamina, sharpness and personal satisfaction are just the start of taking care oneself. Although you cannot know what tomorrow will bring, maintaining a reasonable level of fitness for yourself and encouraging others as well is a very realistic and meaningful goal.

Staying physically fit will improve your ability to thoroughly inspect your environment and avert unexpected mishaps or disasters.