



## **Bakersfield Composite Squadron #121**

### **60-Second Safety Advisor #40**

#### **Forming Good (Safe) Habits**

Have you given any thought to the importance of habits in your day-to-day life? Habit forming is inevitable. That is human nature. Habits are very important for your well being at home, at your work place, and in all of your other day-to-day activities. We have all acquired some good habits over the years. However, we have probably formed some bad (unsafe) habits as well. If you take a few moments to analyze your driving habits you can likely identify several high-risk behaviors. Oftentimes though, we tend to think that we have been doing it for years without an accident, surely I can continue to get away with it. Then, we have an accident because of a careless act which had become a habit, and we might finally work on changing that habit.

Don't wait for the accident which could be tragic for you, your family, or others, before you evaluate the unsafe habits that you have formed. Take a few moments (time well invested) to evaluate the habits you have formed in the areas of driving, home maintenance and repair, recreation, work, cooking, etc., and develop a plan to change those habits. Let's prevent the accidents before they occur!

