



Bakersfield Composite Squadron #121

60-Second Safety Advisor #43

A Personal Commitment to Safety

Have you ever made a decision to break a safety rule? How long did it take for you to reach that decision? What did you gain by taking a chance? It only takes a moment to decide to break a safety rule, yet that one moment could change your life forever. An accident, by definition, is an unplanned event. No one wakes up in the morning and drives to work thinking, "I will have an accident today so I'd better buckle up." That's why it's so important to have a personal commitment to safety; a commitment to do the right things to prevent an accident--or minimize the damage done in case an accident does occur.

Keeping a strong commitment to safety is not easy. It's normal for your commitment to safety to fluctuate. Unfortunately, it tends to be strong just after a close call, or perhaps for a few days after you hear of an accident. Then the commitment wanes, only to be strengthened again by another tragedy. Simply recognizing this pattern can help you avoid it. If you allow things that happen to other people determine the strength of your commitment, it is likely to fluctuate a lot. You can always learn from things that happen to other people, but to keep your commitment strong all the time, stay focused on your personal safety and those things you do that affect it.

Having a personal commitment to safety and keeping it strong are more important than any safety program, procedure, regulation, or rule. In fact, programs, procedures, and rules depend on a strong personal commitment to safety. Ask yourself where you are with your own safety attitude and behavior. Are you 100% committed to safety, 100% of the time? You are? Great! Need some improvement? Promise yourself to work on it-and keep that promise. You'll be glad you did.

