Stop Think Act



Before and during a task

• What could go wrong?

• How bad could it be?

• Do I clearly understand my task?

• Has anything changed?

• Am I physically and mentally ready?

• Do I have the right tools and equipment?

• Make it safe. • Use right tools.

• Use right procedure. • Reduce risks.

Stop if it can’t be done safely!

Ten factors influencing risk tolerance

1. Overestimating capability/experience

2. Familiarity with the task

3. Seriousness of outcome

4. Voluntary actions and being in control

5. Personal experience with an outcome

I choose to reduce risk

6. Cost of non-compliance

7. Conﬁdence in the equipment

8. Conﬁdence in protection and rescue

9. Potential proﬁt and gain from actions

10. Role models accepting risk

Identify one personal behaviour that you know presents a risk at your work site:

I am committing to take the following action to eliminate that risk from my work:

Date Signature

Keep this card for a follow-up discussion with your team.