

Taking Control of My Safety



The Challenge

Is your safety training currently having the positive impact you want? Do you send your employees away for training only to find when they return to work they quickly return to old habits?

Companies invest a lot of time and resources into safety training, yet often find the following:

- Poor compliance with safety processes and procedures
- Lack of engagement and energy towards safety training
- Skills and strategies acquired in training don't translate back to the workplace
- Poor communication and information sharing about safety.

The Solution

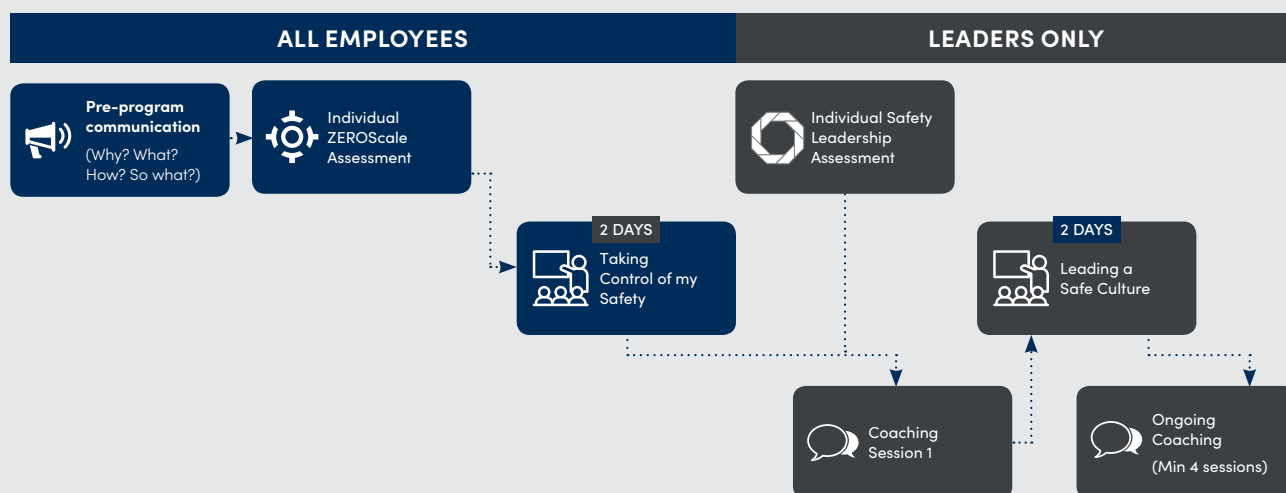
Sentis' *Taking Control of My Safety* program targets individual change and motivates people to invest in and make good choices about safety. Using a psychology-based approach, the program is designed to support and complement existing processes and compliance training that focus on the what and the how to stay safe, with a focus on why we should invest in safety. This creates increased safety motivation of employees and drives more positive safety attitudes, beliefs and behaviours.

Taking Control of My Safety focuses on the individual, their thinking processes and behaviours, and sense of accountability regarding safety. It is designed to provide participants with insight into their thinking patterns to empower them to make better decisions about safety. They will learn about how the brain works; five safety thinking patterns; and three brain tools or cognitive skills that give them control over their thinking. All information and tools are linked to safety and participants have regular opportunities to apply the tools to their current safety challenges.

Taking Control of My Safety is experientially based, extremely informative and interesting. After training each employee will understand:

- Why I choose to invest in safety – my Personal Big5™
- The importance of the person component in achieving a safe workplace culture
- How my brain works and how I can use it to keep myself safe
- How belief systems and attitudes are formed and how my attitudes affect my safety
- How I can control my thinking to get the results I want
- Five thinking patterns shown to improve personal safety, including:
 - Safety Control
 - Risk Awareness
 - Operating Attitude
 - Stress Management
 - Professional Orientation.

Understanding Positive Safety in your Organisation





Taking Control of My Safety participants are provided with a full set of program materials including workbooks, pocket refresher cards, pens, as well as a set of factsheets that you can send out fortnightly to refresh participants on the content and provide suggestions for application. The program consists of 16 hours of face-to-face training delivered by two Sentis Consultants. It can be delivered in two consecutive days, or broken down and configured in a delivery model that will better suit your business needs. Sentis recommends a group size of 15 to ensure participants can be actively engaged in activities and group discussions.



The Outcome

Taking Control of my Safety will shift the individual attitudes of employees at all levels. It will build motivation for employees to invest in safety and make safe choices so that they go home every day to the people and things they care about most.

This program delivers a common language and understanding of safety within your business, which leads to greater engagement in the safety goal or vision. Ideal for every member of an organisation, *Taking Control of my Safety* provides the ground-level understanding required to gain maximum benefit from other Sentis leadership or applied safety programs.

Taking Control of my Safety leads to:

- Increased employee engagement in safety
- Improved individual responsibility and accountability for safety
- Greater utilisation of existing safety tools and processes (e.g. field-level risk assessments, hazard identification and reporting)
- Improved compliance with safety rules and regulations (e.g. PPE requirements, safe work procedures)
- Increased quantity and quality of safety conversations and sharing of safety information both within and between-teams
- A common language for safety and key program concepts to increase training transfer.



Ready to receive a holistic view of your safety culture and a roadmap to take you to a new level of safety excellence?

Get in touch with one of our expert consultants today

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