

ZIP: Taking Control of My Safety

Program Outline



Target Audience

All employees including contractors



Duration

2 days



Group Size

15 participants



Pre-Work

ZeroScale Assessment

Our ZIP Taking Control of My Safety is a psychologically-based safety process designed to empower participants to take control of their safety. It does this by giving insight into the way our brain works, our thinking, our attitudes and values. It takes the premise that safety isn't about protecting you from something, but for something.

ZIP Taking Control of My Safety provides the tools to take control of our thinking and feelings to improve the results we get in your life, especially regarding safe outcomes. It moves one step beyond behaviour-based safety to the underlying psychological causes of behaviour—our thinking.

This highly engaging and practical module will:

- Explore a simple model for how our brain works so you can take greater control of it
- Develop practical 'brain tools' (thinking skills) that assist us to achieve greater results in life and for safety
- Explore 'The BIG5' thinking patterns (attitudes) that research tells us are proven to improve our personal safety results.

Key Learning Outcomes

At the completion of this module participants will be able to:

- Have a shared understanding that **attitudes** drive our **behaviours**, which in-turn, influences our **results**
- Have a shared appreciation for considering safety as a currency versus **a cost**
- Understand what investment is required by all members of an organization to achieve a **total safety culture**
- Understand a simple model of the brain, how it functions to show us the world around us, it's limitations of conscious awareness, how we think, and how we form attitudes across our life
- Implement skills to best manage our brain limitations
- Implement skills to take control of our thinking and change unhelpful safety attitudes
- Understand the importance of taking personal ownership of their safety outcomes
- Implement strategies to look for and manage risk appropriately
- Identify and manage the factors that can impact our brain's ability to operate machinery and equipment effectively
- Recognise when their brain is being hijacked by stress and implement strategies to manage stress effectively
- Apply a professional approach to safety, error management and working effectively as a team.