

Summer 2019 CoE Safety Newsletter

'Seeing' Safety in a new way

This is [National Safety Month](#) and we should all take a closer look around us and see how we can reduce our chance for injury. Sometimes, as in the black and white photo below, it can be difficult to see a hazard if we don't take the time to examine our surroundings in detail. This is true whether we are in our homes, driving, or in the lab.



In a 2018 white paper¹, the Campbell Institute points out that about 90 percent of the information individuals take in is visual. With so much visual data being processed, we filter images to see only what is important to us. We need to take time and look for hazards when our experience has been to look past hazards which do not stand out. As we become more comfortable with our surroundings and we repeat the same procedures or tasks, our actions can become automatic to the point that we overlook the hazards around us.



Distractions can also cause us to overlook hazards around us. A bad commute to work, financial problems, or concerns about children and aging parents are all examples of distractions we may be dealing with on any given day. Issues at home are often overlooked as workplace distractions. These types of mental distractions may cause us to miss potential risks that lead to injuries. It can be beneficial to recognize that we have a lot going on in our lives, take a deep breath, and then take a couple of minutes to recognize the risks of the things we are doing.

Coming this Fall: Active Shooter Trainings with the [UWPD](#). Chances are, you will never face an active shooter situation. But if you do, you need to be prepared. This training will focus on teaching tactics to help survive an active shooter event, what to expect from arriving law enforcement, and how to plan before an event ever happens. **Watch your email for times and locations for September 19th and October 2nd sessions in the CoE.**

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Stay Safe Badgers

