

— Safety Alert

BEING MINDFUL DURING THE HOLIDAY SEASON

Issue Date: 26 November 2018

Context:

Statistics show that November and December is one of the most dangerous times of the year for workplace fatalities and accidents. Between 2008 and 2017 in Victoria, 53 people died in the months of November and December because of workplace incidents. This two-month period accounts for 22.3 per cent of all workplace deaths. Some of the causes for this rise in fatalities and accidents include rushing to complete tasks prior to the holiday period, lack of vigilance at the workplace and fatigue. It is important that during this time we all stay focused on safety.

An injury around the Holiday Season puts extra stress on everyone. Imagine yourself enjoying your holidays with a leg in your cast because you fell or tripped over something. An injury at this time will affect many people, think about how many people count on you each day to come home safely. Make sure that your holiday plans become a reality. Please continue to look after the safety of yourself and co-workers continue to be alert as we approach the holiday.

If you find yourself working and your thoughts are not on the job, but are instead on your plans and activities for the holidays:

1. STOP
2. Take time to look around and come back to the present moment
3. Take time to think about the activity you are doing
4. Look for a hazard that may not be controlled; are you in an awkward position or about to trip on something lying on the floor? Hazards do not go away, only our awareness of the hazards goes away, and when we ignore hazards, we get injured.

The festive season can lead to late nights which could cause fatigue in the workplace and this will increase the likelihood of accidents.

It is important that we continue to be mindful of the safety of ourselves and others, including preventing or reporting any hazards immediately so that action can be taken to keep our workplaces safe. Let's all keep our minds on safety so we all make it to Christmas and enjoy the holidays!

Further information can be found here: [WorkSafe Victoria: Caution urged for dangerous time of year](#)



HOLIDAY
SAFETY

