



# “The most important thing...” and “Golden Rules”

## Toolbox Talk

### Group Managing Director Message

For me there always needs to be much greater emphasis placed on the human impact of health and safety and I’m therefore asking you to have this specific aspect in your mind at all times when on a site, in the office or whilst travelling in your role, maintaining your own personal safety, those of your colleagues and those beyond the boundaries of the workplace.

As the video you hopefully have already seen highlights, we must all recognise the importance and impact a serious incident would have on all our lives.

With the above in mind please try to be aware of what is going on in and around your work environment.

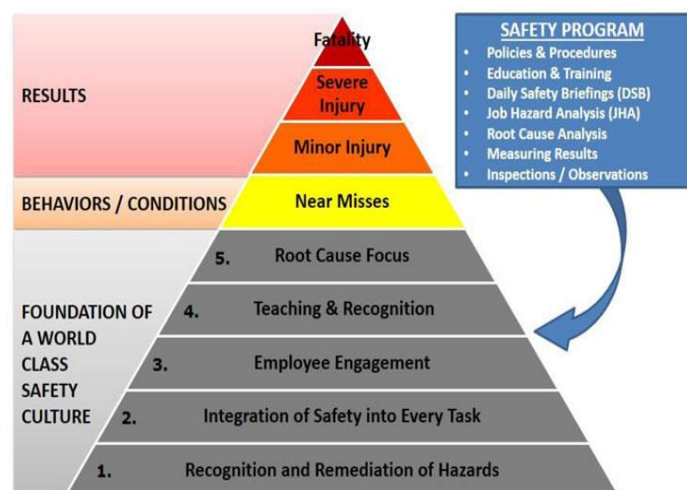
Our ‘Don’t Walk By’ initiative encourages everyone to highlight any health and safety concerns they may have or report any hazards they may see.

Thank you for working with us to maintain the safety of everyone.

### Reason

The accident triangle, also known as Heinrich's or Bird's triangle, is a **theory of accident prevention**. It shows a relationship between serious accidents, minor accidents and near misses and proposes that if the number of minor accidents is reduced then there will be a corresponding fall in the number of serious accidents.

The same proposition can be applied to following the Golden Rules approach to safe practice, where we will improve preparedness and awareness and further reduce the potential for injuries.



## Outline

“The most important thing...” is a reminder and empowerment from the site owner of putting your and others safety above any other concern when on this site.

“Golden Rules” are simple steps we can all take, before and during each task, to be prepared and act positively for the benefit of ourselves and others when on this site.



## Toolbox Talk

### Introduction

Invite at least one of the participants to share an accident/incident or near miss that they witnessed; the details, outcomes, and impact on colleagues and others.

If necessary, share one of your own experiences.

### Action

Now as a group, discuss:

- How/why did the accident/incident or near miss occur?
- What human factors might apply:
  - Poor decision making
  - Lack of skill/training
  - Lack of perception of risk (including lack of experience)
- Might any of the “Golden Rules” have changed the outcome:
  - Be fit for work: considering general health and wellbeing, stress, mental health and other medical conditions, and impact of drugs and alcohol
  - Always receive a Safety Briefing: being not just competent but also familiar with the RAMS for each activity and aware of daily site hazards
  - Stop work if something changes: awareness of surrounds and daily site hazards
  - Speak up about safety: considering others and not just self
- What is the most important thing you can do for the site owner?

