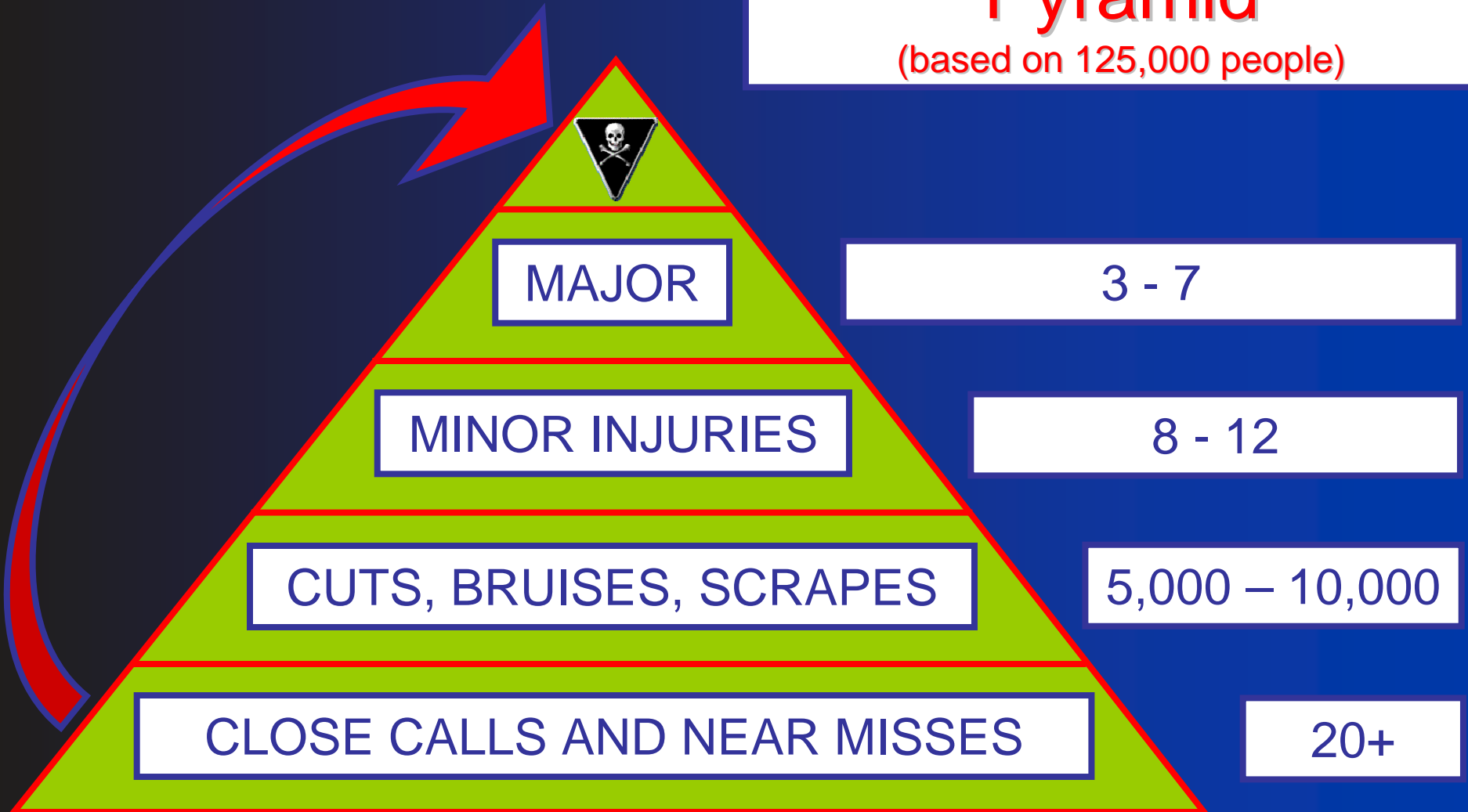


Personal Injury Risk Pyramid

(based on 125,000 people)





These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

can cause or contribute to these critical errors ...

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

...which increase the risk of injury.



Critical Error Reduction Techniques (*CERT*)

1. *Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error*
2. *Analyze close calls and small errors (to prevent agonizing over big ones)*
3. *Look at others for the patterns that increase the risk of injury*
4. *Work on habits*

