

Healthy Behavior and Safety Skills

Healthy Behavior

- Healthy behavior is a person's beliefs and actions regarding their health and well-being.
- As a good example of this, some people's health behaviors consist of promoting and maintaining a healthy lifestyle.
- People on their best health behavior: Do not smoke or use any other tobacco products.

Healthy Behavior at Work and School

- Maintaining a healthy diet or balance diet. It's very hard to focus on work or school when you are constantly hungry.
- Make sure you set short, medium, and long-term fitness goals. If you are not fit enough to do your job or too stress to focus on your school work then it will cause your performance to drop.

Healthy Behavior at Work and School

- Make sure to visit the doctor to get yearly check-ups in hopes of catching any conditions before they get worse.
- Make sure you balance your work and school work with your personal life so you won't become stressed over either one.
 - Focusing too much on work can lead to stress and loneliness
 - Focusing too much on having fun away from school and work can lead to lack of focus and dedication.

Risks of Poor Healthy Behavior

- Your behavior can dramatically influence your health. Having unhealthy behaviors will most likely cause you to develop serious heart problems from stress.
- If you keep your weight in check with diet and exercise, drink plenty of water, balance your personal life, don't smoke, and keep your stress level down; you may never have heart problems.

Why Safety Skills Are Important

- Safety skills are the skills someone has to help protect themselves and others from harm or other non-desirable outcomes.
- It reduces the chance of exploitation
- It reduces the possibility of injury
- It reduces the likelihood that minor injuries will become more of a problem
- It allows the child, teen, or worker to be more independent and self-sufficient
- It empowers children, teens, and workers
- It puts parents, guardians, and bosses minds at ease

Safety Skills

- **Commercial knowledge** – Understand your company and your product so you become the expert on how safety truly impacts everything and is everyone's responsibility.
- **People skills** Understand your workers, listen to them (even the ones on the night shift when perhaps you normally aren't there), have a visible presence.
- **Written communication skills** – Pitching your safety plan takes a little marketing finesse. Sometimes you have to sell your ideas up the ladder, so make those ideas clear and appealing.

Safety Skills

- **Safety conversation skills** – Safety conversations can be among the toughest employees have to initiate in the workplace. They need to feel like they can open up to you. And it works both ways; “You need to know a variety of approaches to talk to people about improving their safety habits.”
- **Encourage safety accountability** – Describe an unsafe scenario to your workers in your next safety meeting and ask them to come up with the solution.
- **Run a high-performance safety meeting (Training)** – This one is all about “getting everyone to come up with safety solutions, having open safety discussions and ensuring action is taken.”

OSHA

- The law requires employers to provide their employees with working conditions that are free of known dangers. The OSH Act created the Occupational Safety and Health Administration (OSHA), which sets and enforces protective workplace safety and health standards.
- OSHA training is required by federal law and all employees must be provided OSHA training.

What You Should Know About OSHA

- **Understand how to identify physical hazards.**
- **Understand how to identify chemical hazards.**
- **Understand how to identify biological hazards.**
- **Understand how age affects human performance.**
- **Understand how health factors affect performance.**
- **Understand risk communication methods and practices.**

Workers Compensation

- Workers' compensation is a form of work insurance that pays the injured worker his normal pay and medical expenses while they recover.
- You do not receive workers compensation if you purposely injured yourself or if you were not practicing safety skills at the time you got injured.