

Stop - Think - Act

The Stop - Think - Act method helps prevent incidents caused by rushing. Before you start a task:

Stop!

Before you start a task, or while you're doing a task, take a moment to stop and self-check how you feel. Do you feel rushed, fatigued, frustrated, or bored? How might this affect your ability to work safely?



Think!

Think about the task by identifying potential hazards. Is the way you're about to do it the safest way? What controls can you use to protect against each hazard?



Act!

Implement the controls to protect yourself from the hazards you identified and complete the task in the safest way possible.

