

Fuel for Thought

Staying Safe at Easter

Well it's Easter Saturday, and hopefully people travelling for the holiday break are arriving safely at their destination.

Easter is one of the busiest times of the year on our roads, with people taking the opportunity for a mini holiday or just taking advantage of the four-day break to visit family and friends.

Given the extra traffic it is a time when there is an even greater need for all of us to be particularly alert behind the wheel, and continually remind ourselves to drive safely.

At QER we use a program called SafeStart to help us focus on safety, not only at work but also when we are off the job. It's about ensuring that our employees are provided with a way of minimising risk in their daily lives, and particularly for times of higher risk, such as driving during the Easter holiday rush.

It is a comprehensive program, but essentially it is about ensuring we are more aware of what we are doing, and developing safe habits.

SafeStart recognises four states which are particularly important when assessing risk – rushing, frustration, fatigue and complacency, and they can all contribute to people making critical mistakes.

When you think about it all of these states can exist at any time, and are especially an issue when driving. The trick is for us to realise when we are in a hurry, tired or frustrated at being stuck in traffic or held up by roadworks.

SafeStart training is aimed at providing people with self-triggers which can help us recognise when we are in these states and adjust our behaviour accordingly.

So if you are travelling over the next couple of days, and especially when all the traffic is around on Monday afternoon, take the time to check if you are rushing, frustrated, showing signs of being tired or just complacent and then get yourself out of that state.

Remind yourself to keep your eyes and mind on what you are doing and check if you could be driving more safely.

On behalf of all of us at QER I'd like to wish everyone a happy – and safe – Easter.



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