



Safety Message of the Day for IMEA Members

Workplace Safety...When Tempers Flare Safety Message

Whenever we are distracted by emotions, the risk of an injury or incident goes up, we become less able to concentrate and our minds get (emotionally) preoccupied. Our emotions can be influenced from a host of negatively-impacting ways; in turn, we can be hair-triggered to respond in negative ways.

When tempers flare, adrenaline flows – it cranks up your heartbeat and breathing rate and primes your body for a fight response. This is NOT GOOD in our Workplaces! When tempers and emotions flare, regardless of the impetus, then the focus on safety takes a back seat. Emotion takes over. That is when you and your coworkers are exposed to higher risk and become most vulnerable to the unexpected.

The Safety Bottom Line: Our workplaces have to be as free as possible from the external emotional factors of the outside world. We've got enough to worry about internally – within our workplace walls.

