



Safety Message of the Day for IMEA Members



Safety Message: Avoiding Carelessness

Have you ever made a decision that, in hindsight, wasn't the safest choice? Maybe you took a shortcut or ignored a safety step—something that increased your risk of getting hurt. Whether or not it led to an injury, did you find yourself wondering, "Why did I do that?"

That question is more important than you might think. Taking the time to reflect on what happened—and why—can help you make safer choices in the future. Your safety starts with self-awareness and a commitment to learning from past mistakes.

Did you know that around 20% of injuries are caused by unsafe conditions, while a staggering 80% result from unsafe acts? And if you consider that many unsafe conditions are themselves created by human error, it becomes clear that nearly all accidents stem from our actions—or inactions.

So, what causes us to momentarily disregard our own safety? Fatigue? Distraction? Overconfidence? Rushing to finish a task?

Whatever the reason, it's important to recognize that carelessness continues to be the leading cause of workplace accidents and fatalities. Protect yourself and those around you—stay alert, follow procedures, and never underestimate the value of doing the job the right way, every time.