



## Safety Message of the Day for IMEA Members



### **Safety Message: The Power of Habits**

Habits shape our lives more than we realize. The small routines we follow every day influence our decisions—including those we make at work. That means your commitment to safety could be directly affected by habits you've developed over the years.

### **Your Daily Habits**

Think about how your day started. Did you hit the snooze button once—or maybe twice, like you usually do? Did you make breakfast at home or stop at your usual gas station for a quick bite? Chances are, the decisions you've made so far today mirror what you do almost every day. These repeated actions are your habits.

Now take a moment to reflect:

- Which of your habits are helping you stay safe, focused, and productive?
- Which ones might be putting you—or others—at risk?

### **Workplace Impact**

At work, habits play a huge role in how we respond to safety procedures. If you're used to skipping a step “just to save time,” that becomes a habit too—and a dangerous one. Over time, negative habits can lead to complacency and increase the risk of incidents.

### **Make Safety a Habit**

Start identifying which of your routines support safe behavior—and which ones need to change. Small adjustments to your habits can make a big difference. Choose to build positive habits that reinforce a culture of safety.

Remember: You don't rise to the level of your goals—you fall to the level of your habits. Make sure yours are working for you, not against you.