IMEA
INDIANA MUNICIPAL ELECTRIC ASSOCIATION
SINCE 1941

Safety Message of the Day for IMEA Members

The Pause That Prevents Injuries

A 30-second pause can save a life.

Before starting work today, take a deliberate pause. Look up, down, and around. Ask yourself:

1. What can hurt me here?
2. What changed since the last time we did this?

Weather, traffic, equipment condition, or crew makeup might be different than yesterday.

Discussion Points:

- What changed since last shift?
- Are we rushing because of schedule pressure?

Make the pause a habit. If something doesn't feel right, speak up - no job is worth an injury