



**2018 INDIANA
SAFETY AND
HEALTH
CONFERENCE
& EXPO**

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www.INSafetyConf.com

Individual Focused Safety:
3 Critical Steps to Decrease Accidents &
Increase Worker Health

Debbie Vyskocil
Optimal Edge Performance

Three Critical Steps to Decrease Accidents

Simple to educate
Challenging to implement

#1 Challenge for Safety Directors Leadership Buy in

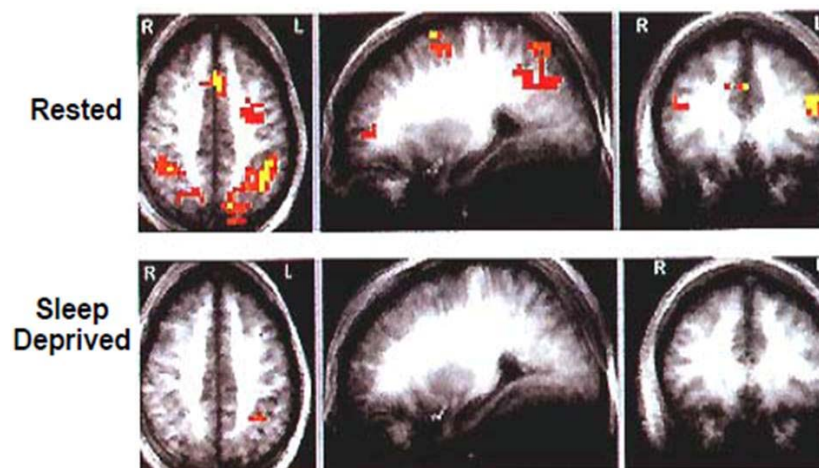
**Frame Safety Must
As
Productivity Plus**

The National Highway Traffic Safety
Administration estimates that
drowsy driving was responsible for
72,000 crashes
44,000 injuries
800 deaths
in 2013.

Most Basic Prevention for Accidental Deaths

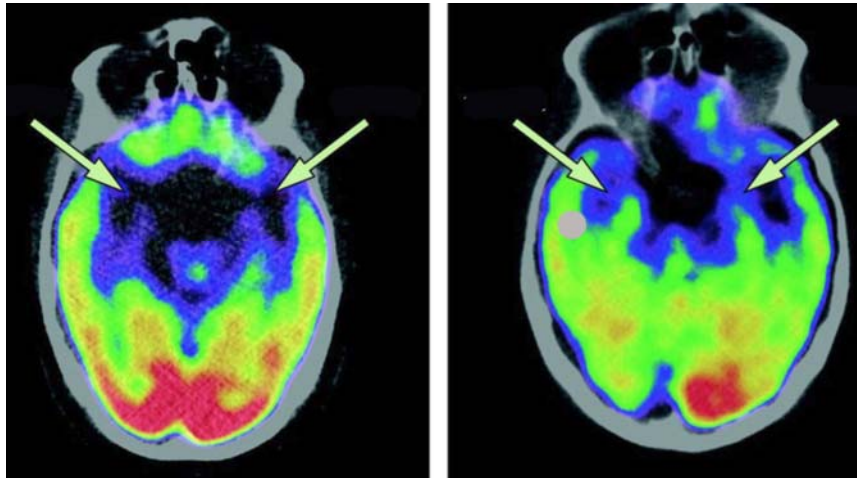
- 2017 Naval accidents partially attributed to sleep deprivation
- Chernobyl, nuclear plant linked to sleep deprivation
- Sleep loss a factor in the Exxon Valdez oil tanker spill
- Space Shuttle *Challenger* accident contributed to by sleep deprivation
- Three Mile Island nuclear power plant incident, sleepiness is thought to be partly to blame.

Effect of sleep deprivation on brain activation while performing mathematical tasks



We can't change all of the
circumstances in our life
and we can't control how others
bring stress to us
so we must learn how to handle
our own interpretation and
reaction.

How does your brain change under stress?
The biological reasons accidents happen.



An American is accidentally
injured every second
killed every three minutes
by a preventable event

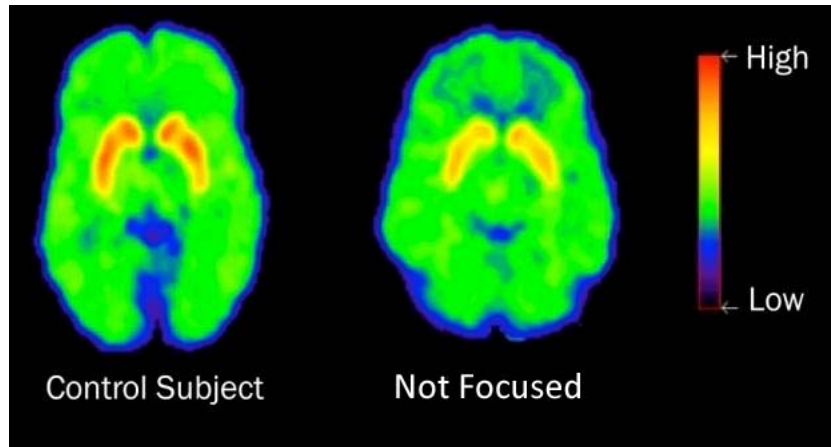
- Accidental injury has become the #3 cause of death for the first time in U.S. history.
- A total of 14,803 more people died accidentally in 2016 than in 2015, the largest single-year percent rise since 1936.

Top Fatal Accidents

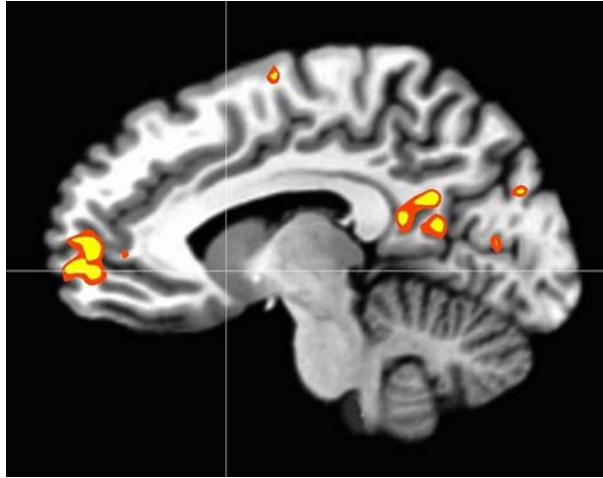
Unintentional Poisoning	1 in 96
Motor Vehicle Crash	1 in 114
Fall	1 in 127

lifetime odds of death for selected causes

National Safety Commission



How does this affect the
position of the
Safety Director / Manager?



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