



# SAFETY & HEALTH NEWSLETTER

6/9/2023

## Instant Gratification and Safety



### Call to Action:

We can, often, only appreciate our efforts towards safety after completing a hazardous task with no issue or going a long period with no injuries, like at the end of the year. Safety, unlike many work tasks, does not give way to instant gratification at the end of every shift, except maybe for the safety supervisors or higher management, whose main goal is no injuries and productive days. Because of this, it is important to know that the steps you are taking are helping to avoid injuries and incidents from occurring.

Although safety may not provide immediate satisfaction like completing a task, its importance cannot be understated. Recognize and value the efforts invested in working safely to protect yourself and your colleagues. Even if the impact of safety measures may not always be apparent, ensuring everyone's well-being and returning home safely should be the ultimate measure of success. Take a moment to appreciate the collective commitment to safety and its role in safeguarding lives.

There are many aspects of our work that lead to instant gratification by the end of a workday or even within a few hours of our shift beginning. Examples can include organizing a work area or building something. It can be argued that safety is an aspect of the job where there is little or no instant gratification at the end of a work shift because you cannot technically “see” your efforts at the end of the day like the physical work that gets done and remains for all to see. At most workplaces, everyone fully expects to go home healthy at the end of the day so when everyone does day after day, it can be taken for granted.

