Safety Attitude Test

What’s YOUR safety score? What is YOUR attitude in these situations?

1. If you are upset or angry, do you “count to 10” before you take action?
   - ☐ Yes   ☐ No

2. Do you set the safe example?
   - ☐ Yes   ☐ No

3. Do you practice The Golden Rule: “Do unto others as you would have them do unto you”?
   - ☐ Yes   ☐ No

4. Do you correct accident situations when you see them?
   - ☐ Yes   ☐ No

5. Do you support safety programs?
   - ☐ Yes   ☐ No

6. Do you work with others for safety?
   - ☐ Yes   ☐ No

7. Do you avoid taking unnecessary risks?
   - ☐ Yes   ☐ No

8. Do you do what is safe even if it takes longer or is a little harder?
   - ☐ Yes   ☐ No

9. Do you know your first aid?
   - ☐ Yes   ☐ No

10. Do you know how to use a fire extinguisher?
    - ☐ Yes   ☐ No

11. Do you know the right way to lift heavy loads?
    - ☐ Yes   ☐ No

12. Do you know the safety rules of your job?
    - ☐ Yes   ☐ No

13. Do you know your abilities and limitations?
    - ☐ Yes   ☐ No

14. Do you know what your “bad” safety habits are?
    - ☐ Yes   ☐ No
15. Do you use what you know?  
☐ Yes  ☐ No

16. Do you ask for help when needed?  
☐ Yes  ☐ No

17. Do you plan ahead--know what you are going to do and how you will do it?  
☐ Yes  ☐ No

18. Do you use safety shields and guards with equipment?  
☐ Yes  ☐ No

19. Do you keep a list of emergency numbers next to your phone?  
☐ Yes  ☐ No

20. Do you allow enough time for the task you are doing?  
☐ Yes  ☐ No

The safe answer for each question is yes... what's your score?  
Total your answers and rate yourself.

**20** – Good: You are safety prone!

**16-19** – Fair: Better try harder.

**Below 16** – Unsafe