

# What Can Hurt Me Today Picture This

## What Can Hurt Me Today?

7/23/2019

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### Should have seen that coming...

**IF IT'S  
UNSAFE:  
REPORT IT  
REMOVE IT  
REPLACE IT**

Every day before our work begins we should go through some type of process to evaluate the work for the day as well as the associated hazards. This process can include a self-check as well as a work area inspection and inspection of tools or equipment. During this process a main objective should be identifying hazards so that you can take steps to eliminate or mitigate the hazards found. One useful question to ask yourself before a work task begins is: "What can hurt me?".

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### Asking this Question as a Tool

Sure, it may seem very dark and negative to ask yourself this right as your work day is starting or when starting a new work task, but it can be the difference in recognizing the hazard that could injure you or someone else that day. Asking this question should trigger you to stop and really look around your work area and consider what dangers you are dealing with. Identifying uncontrolled hazards should be a top priority before starting any work task. Taking ownership of these hazards and seeing them through to get corrected is necessary for a safe workplace.

Source: <https://nstarglobalservices.com>