



Great Leaders Make Safety Fun!



Dangerous Daze

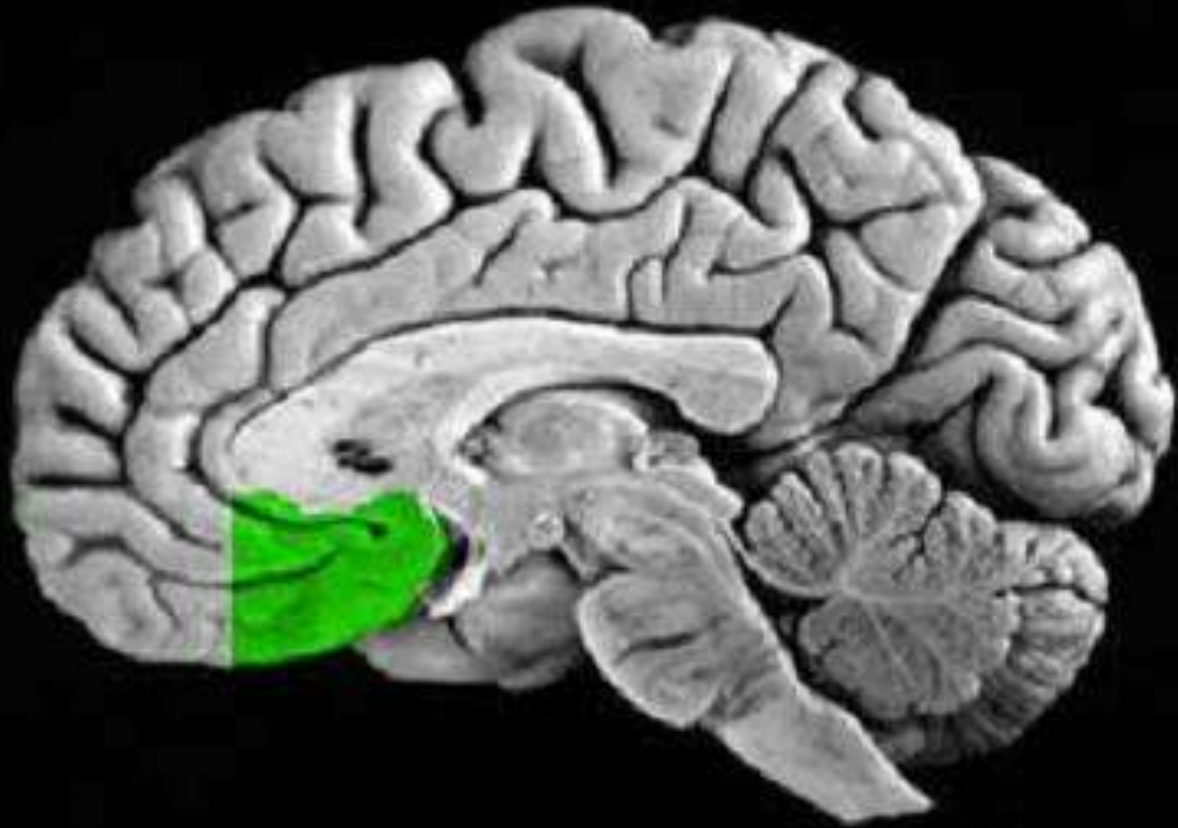
Practical ways to handle negative emotions like anger, fear and anxiety that are common root-causes to harmful incidents.





e motion





Orbital Prefrontal Cortex

Types of Basic Emotions



1. Happiness



2. Sadness



3. Fear



4. Disgust



5. Anger



6. Surprise



Aggravation

Frustration



Anger!

RAGE!

Irritation

Fear

Virginia Tech's Transportation Institute Study

3,500 drivers



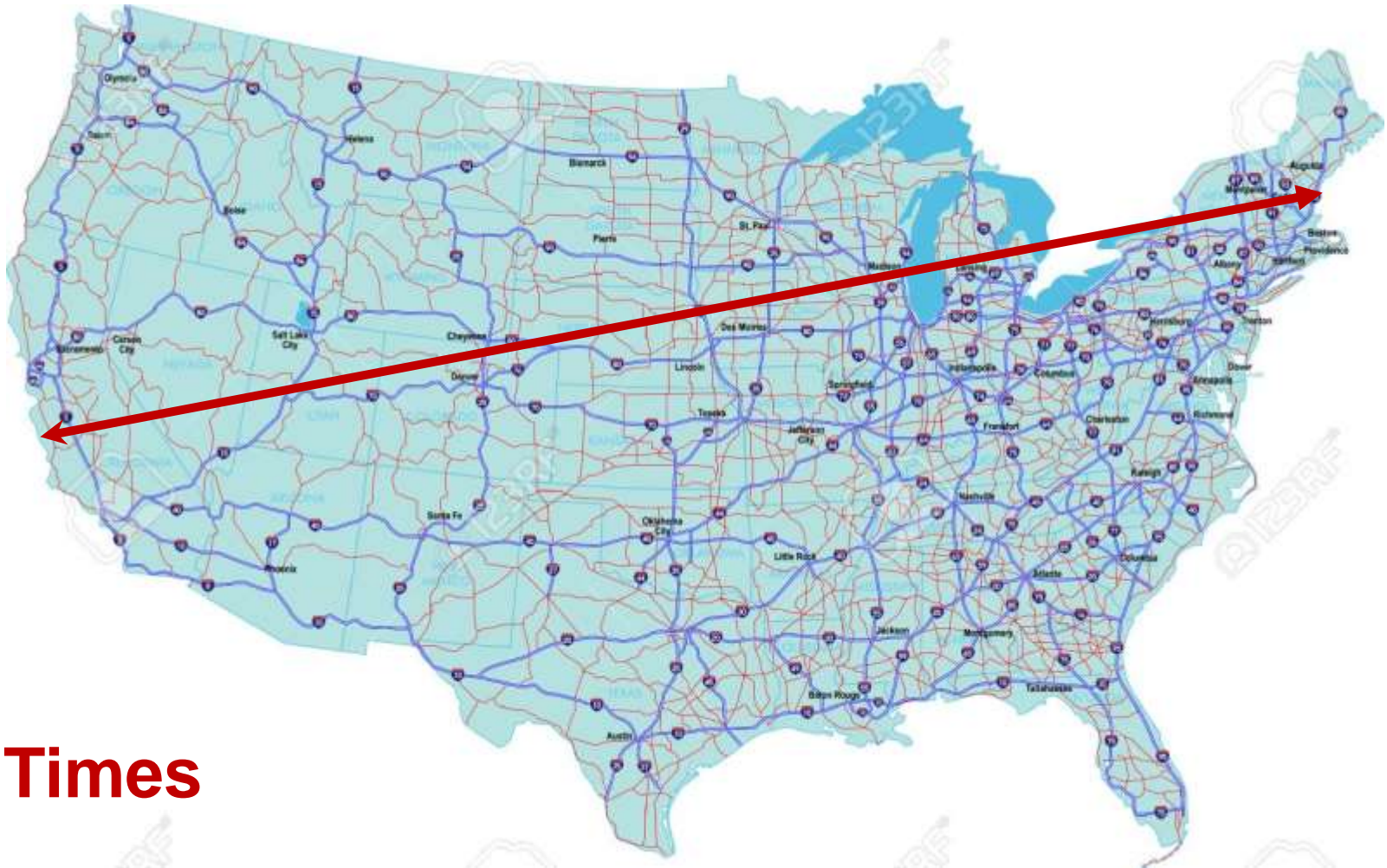
Virginia Tech's Transportation Institute Study

16 to 98



Virginia Tech's Transportation Institute Study

35 million miles



3 Times

VT Institute Study Findings:

5 x Worse Than Cell Phones



VT Institute Study Findings:

“9.8 times as likely to have an accident as model motorists.”



VT Institute Study Findings:

“Driving while emotional is **more dangerous than driving while drowsy, fiddling with the radio or air conditioning or chatting to passengers.”**



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19

MONEY WORK
TV

16



BEING OFFERED
OPPORTUNITY

5

DIRECTOR

MIND JOB

BUY

CONFUSION

TIRE

WORK

CONFUSED
BILL

IF ANYBODY

PAIN

SPS

MONEY

money

Five Steps to Killing a Worry

- 1) Describe the demon in worst-case detail.**
- 2) Consider (research) how likely is it to appear.**
- 3) What are the factors that could cause it.**
- 4) Which factors can you do something to prevent.**
- 5) Do something!**

Intermittent explosive disorder

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[In-Depth](#)

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Definition

[Symptoms](#)

[Causes](#)

[Risk factors](#)

[Complications](#)

[Preparing for your](#)

Definition

By Mayo Clinic Staff

Intermittent explosive disorder involves repeated, sudden episodes of impulsive, aggressive, violent behavior or angry verbal outbursts in which you react grossly out of proportion to the situation. Road rage, domestic abuse, throwing or breaking objects, or other temper tantrums may be signs of intermittent explosive disorder.

I

AM

...



**What did I do wrong
this time?**







Washing Dishes

www.headspace.com



ARE YOU NOT THINKING
WHAT I'M NOT THINKING?









10:00





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