

Safety Resolutions for the New Year

Many people ring in the new year with a resolution, typically centered around personal well-being or health and fitness goals. However, very few take the time to identify methods to improve their health and safety in the workplace. In 2020, according to the Bureau of Labor Statistics (BLS), 2.7 million workers sustained injuries, and another 4,764 workers died on the job. You can avoid incidents by setting and maintaining resolutions and goals to ensure your safety in the workplace. Below are some useful tips:

- 1) **Conduct an honest self-assessment.** Review any accidents, incidents, or near-misses in the past year that could have been prevented and identify opportunities for improvement.
- 2) **Set goals** which are:
 - ✓ **Specific**, or objectively measurable
 - ✓ **Important** or aligned with your area or job
 - ✓ **Meaningful**, motivating, or fulfilling to you
- 3) **Create a to-do list.** You can't be successful if you attempt to change everything at once. Instead, create a short list of practical to-dos to get the year started on a safer foot. Use this list to monitor your progress throughout the year.
- 4) **Take advantage of your resources.** You aren't alone in creating a safer work environment. Your colleagues, supervisor, and Northwestern's [Environmental Health and Safety](#) (EHS) office are all partners in helping you accomplish your safety goals and resolutions.

Tips for Success When Talking to Your Team

Preparation is Key: Keep the topic relevant. Work with your team to review health and safety hazards in your workplace and discuss how they can be avoided.

Stay Positive: Keep the focus on what can be done to create a safe workplace, instead of focusing on what has gone wrong in the past.

Share a Story, Ask for a Story: Storytelling is a powerful method to convey information. Stories from your employees make the topic even more relatable.

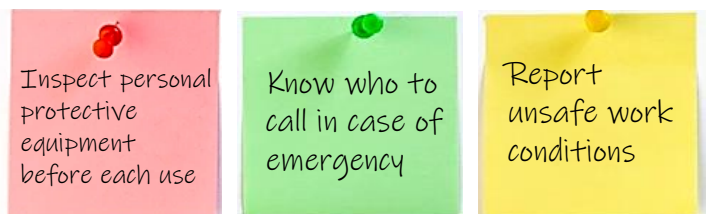
Safety tips for starting the new year

In addition to setting specific goals at the beginning of every year, you should also take the time to refamiliarize yourself with safe work practices to ensure your health and safety while performing tasks, such as:

- Conduct a [job hazard analysis \(JHA\)](#) to identify hazards and control or eliminate them before starting your work.
- Inspect your tools and equipment before each use to ensure they are in safe working order.
- If you see an unsafe condition or activity, notify your supervisor immediately.
- Ensure your safety training is up-to-date by reviewing your [MyHRLearn](#) Dashboard.

Share your safety resolution

We encourage all campus partners to create safety resolutions or goals for the new year that help create a healthy and safe working environment. If you would like to share your workplace health and safety resolutions for 2022, please submit them to ehs@northwestern.edu by January 31st. A safety resolution will be selected in February and a recognition prize will be awarded.



Report all injuries, property damage, and near misses on the Risk Management [website](#) or call 847.491.5582

Set Health and Safety Resolutions at Home

Setting safety and health resolutions and goals at home will help you adopt and maintain a healthy lifestyle. Take advantage of Northwestern's Human Resources [Well-being](#) program, which focuses on the physical, financial, and emotional well-being of staff, faculty, and their families. Here you can access programs, services, resources, reading materials, and discounts to help you meet and maintain your health and safety resolutions in the new year.

For Additional Information

Contact Environmental Health & Safety at ehs@northwestern.edu