

The Power of Habit



The information used to create this training was obtained from sources believed to be reliable to help users address their own risk management and insurance needs. It does not and is not intended to provide legal advice. AmeriTrust Group, Inc., its affiliates, carriers, and employees do not guarantee improved results based upon the information contained herein and assume no liability in connection with the information or the provided suggestions. The recommendations provided are general in nature; unique circumstances may not warrant or require implementation of some or all of the suggestions.



Everyday habits

- Brushing Teeth
- Smoking
- Checking email

- Sending text messages
- Backing out of the garage or driveway

Habits are things we do automatically without thinking about them.

Habit Loop



Cue:

- Stress



Routine:

- Take a smoke break

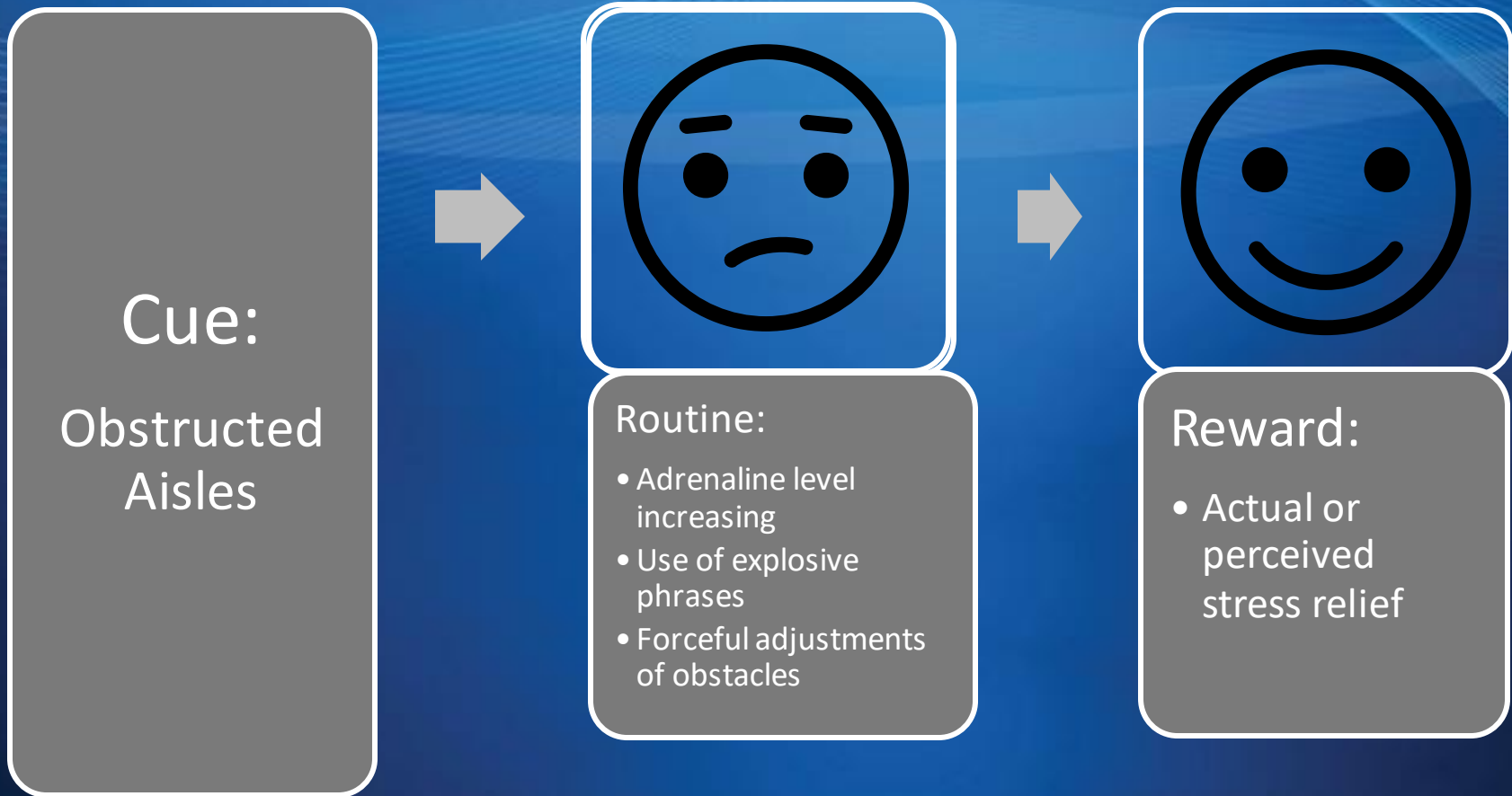


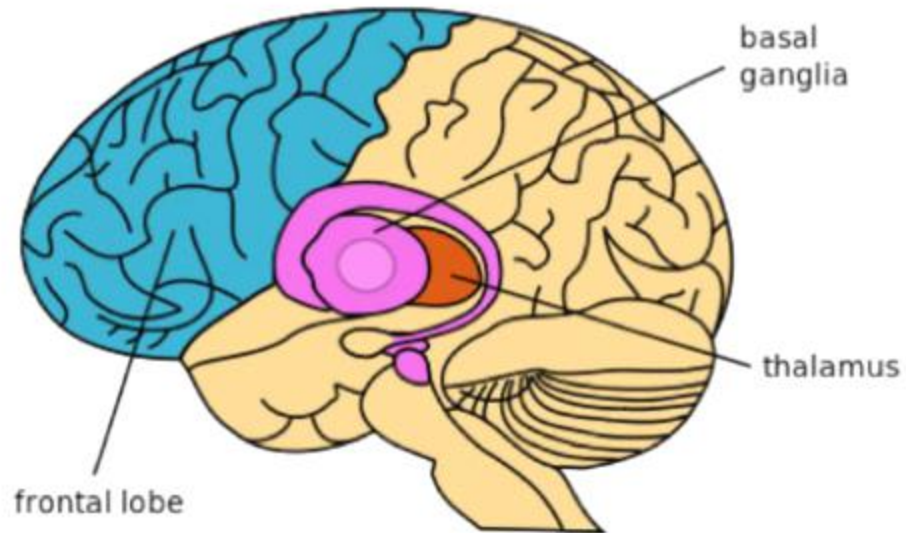
Reward:

- Actual or perceived stress relief



The habits of a forklift driver





Source: theinclusionsclub.com

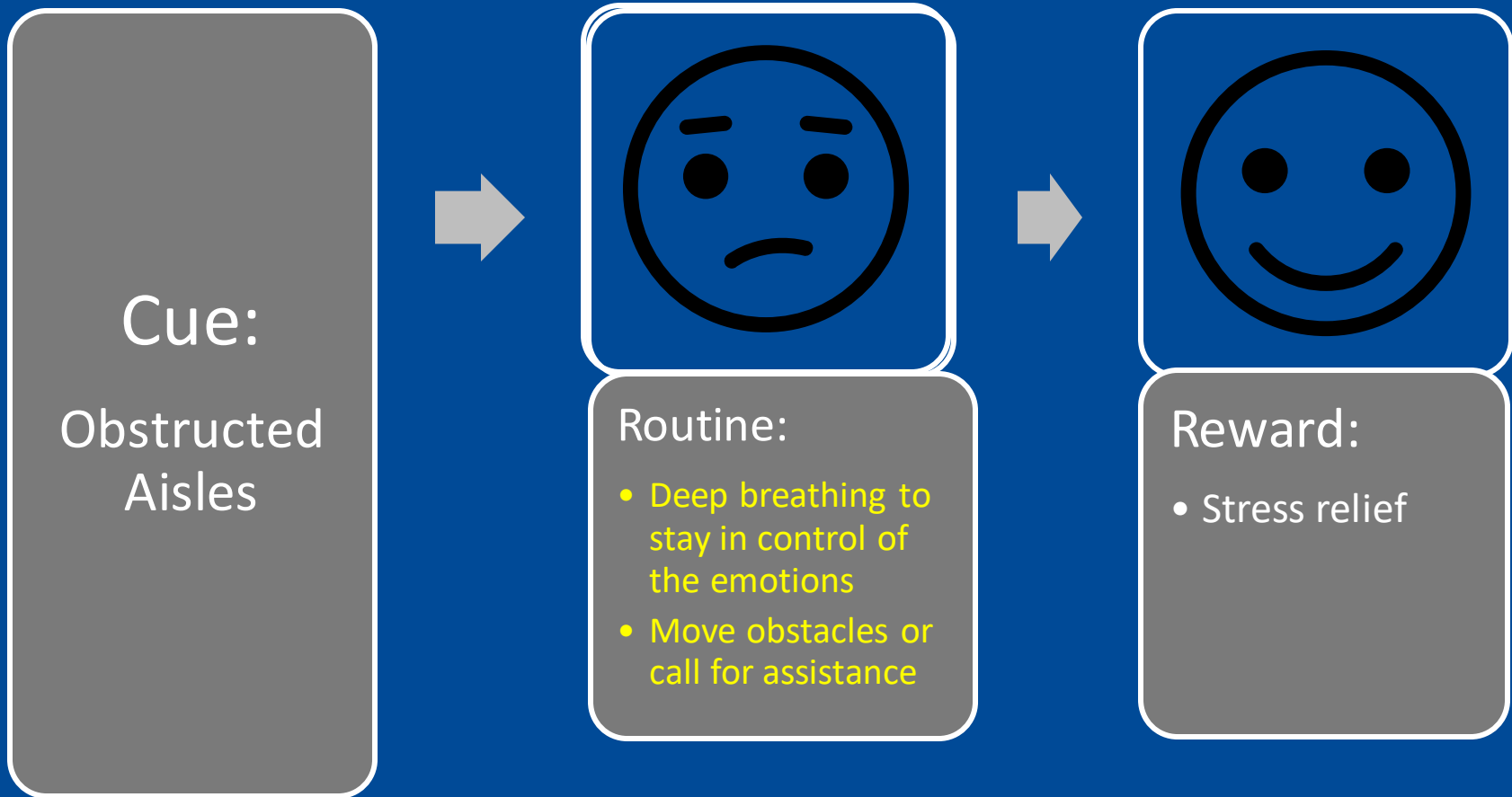


Habits are powerful



**Can we change
habits?**

The habits of a forklift driver





Change the routine!





Paul O'Neill, Alcoa

“You can't order people to change”

Reporting Injuries



Summary

- Identify bad habits in your workplace and determine cue, routine and reward.
- Have employee identify their bad habits and determine cue, routine and reward.
- Communicate bad habits with your employees and have them be a part of the solution.
- In order to change a habit, you must change a routine.
- You can help others change their routine.
- Work together with employees to make lasting changes.
- Be aware that changing a habit can take a long time (months).
Do not expect habits to change within a short time