

## Weekly Safety Briefings

Week 2– Monday, January 5 – Friday, January 9, 2026

### *From Resolutions to Habits: Making Safety Stick*

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#### **Introduction**

The start of a new year often brings fresh motivation and good intentions, especially when it comes to safety. Many people set safety goals or resolutions, but without follow-through, those intentions can fade quickly. This week, we'll focus on how to turn short-term safety resolutions into long-term habits that truly stick, helping create safer behaviors at work and at home all year long.

#### **Monday – Why Safety Resolutions Don't Last**

New year resolutions often fail not because they aren't important, but because they are too broad or unrealistic. Saying "I'll be safer this year" sounds good, but it doesn't define specific actions or behaviors.

Safety improvements happen when we focus on small, consistent behaviors, not big promises. Sustainable safety is built through daily choices like wearing PPE correctly, following procedures, speaking up, and watching out for one another.

#### **Tuesday – The Power of Habits**

Habits are behaviors we perform automatically, often without thinking. When safety becomes a habit, it no longer feels like extra work, it becomes part of how we do our jobs.

Examples of safety habits include:

- Buckling a seatbelt without thinking
- Doing a quick equipment check before use
- Keeping work areas clean and organized
- Pausing to assess risk before starting a task

The goal is to make safe actions the default, not the exception.

#### **Wednesday – Small Changes Make a Big Difference**

Lasting safety habits start small. Trying to change too many behaviors at once can be overwhelming and unsustainable.

Tips for building safety habits:

- Focus on one behavior at a time
- Tie new safety actions to existing routines
- Be consistent, repetition builds habit
- Recognize and reinforce positive behaviors

Small improvements practiced daily can lead to meaningful reductions in risk over time.

- How do we ensure used cans are safely collected and labeled?

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#### **Thursday – Accountability and Speaking Up**

Habits are easier to build when we support each other. Safety is not an individual effort; it's a team commitment.

Ways to reinforce safety habits:

- Encourage coworkers when they model safe behavior
- Speak up respectfully when something doesn't look right
- Share near misses or lessons learned
- Hold each other accountable in a positive way

A strong safety culture is built when employees feel comfortable looking out for one another.

#### **Friday – Discussion**

Let's reflect and discuss as a group:

- Did you set any safety-related goals this year?
- What is one safety habit you'd like to build or strengthen?
- What makes it hard to maintain safe behaviors over time?
- How can we support each other in making safety stick beyond January?

Turning resolutions into habits takes time, effort, and teamwork. The payoff is a safer workplace for everyone!