

The fourth key concept you need to make sure everyone understands from Unit 1 is that most of our lifetime injuries (those in the ‘Self Area’) follow a simple and repeated state-to-error injury risk pattern. Review workbook pages 45–59 for more information and examples on this concept.

1. Could you please explain the state-to-error injury risk pattern to the group as you understand it?
2. Most of our injuries follow this simple pattern but not all. Does anyone have an example of a past injury from the 'self area' that does NOT? That would mean that when you got hurt:
 - It wasn't the other guy or the equipment doing something unexpectedly
 - You were looking at what you were doing and thinking about what you were doing at the time
 - You were aware of the line of fire and what could cause you to lose your balance, traction or grip at the moment you got hurt
 - You weren't in a rush, frustrated, or tired when it happened
 - You weren't so used to the situation (complacent) that you thought you could 'do this in my sleep' and weren't paying close attention to what you were doing

Your Work/Department specific questions/comments related to this concept:

Discuss each response as a group.

[illegible]