

# Behaviors: Stop, Think, Act

## Why?

This safe behavior helps to prevent incidents caused by rushing.

## What?

- ✓ Stop: Means to not start the task until you perform a reflection on how it can be completed safely.
- ✓ Think: Means to think about the task by identifying potential hazards.
- ✓ Act: Means to implement the controls to protect you from the hazards you identified.



## Questions

### Open-ended questions

- What can happen if you don't use Stop, Think, Act?
- What are some examples of when you used Stop, Think, Act?
- Why is it important to take a moment to assess risks before starting any task?



### Experience-based questions

- Have you ever witnessed or experienced an incident that could have been prevented by using Stop, Think, Act? What happened?
- Can you recall a time when stopping and thinking before acting helped you or someone else avoid an accident?
- Have you ever felt pressured to skip safety steps to meet a deadline? How did you handle it?



### What would you do?-questions

- If you see a co-worker rushing through a task without taking time to assess the risks, how would you intervene?
- You are about to perform a task that seems routine, but something feels off. What steps should you take before proceeding?
- A colleague tells you, "We don't have time to stop and think—we just need to get it done." How should you respond?



### Spot the improvement-questions

- What are some barriers that prevent people from using Stop, Think, Act consistently? How can we address them?
- Are there any tasks in our workplace where Stop, Think, Act is especially important but often overlooked? What improvements could help?
- How can we encourage a stronger culture of Stop, Think, Act in our daily work routines?

