The word “accident” can be defined as “an unplanned event that can result in injury or damage of some kind”. The word “accident” can also be defined as “something that happened without any planning or deliberate intent”.

Both definitions have one key factor in common: they lack “planning”. Accidents don’t just happen.

Without the proper procedures, planning, and practices in place, accident rates can increase drastically. Thankfully, with proper foresight and planning, most accidents can be avoided.

An overwhelming number of accidents are the result of unsafe acts and/or conditions. In order to avoid accidents, it is wise to determine the common acts and conditions that may have been present prior to the accidents.

Once the root causes are determined, they can be taken out of the equation, hopefully resulting in fewer future accidents.

Many accidents are caused by cases of carelessness or complacency. Conditions such as poor housekeeping, unsafe piling of objects, or inadequate containment of materials can often result in accidents.

Additionally, a lack of keeping machinery and tools in proper working order can be a recipe of disaster.

Unsafe acts while operating tools and machinery, such as not wearing safety equipment or not utilizing machinery safeguards, are avoidable situations that will help keep the user safe and injury-free.
Making decisions that can help avoid accidents is up to each individual. Unless safe decisions are encouraged in the workplace by way of operating procedures, safety precautions and managers and supervisors, traps such as carelessness and complacency can easily become a part of an individual’s daily life.

One must make it a point to consider safety and potential accidents in order to avoid situations that could be harmful or damaging.

One way an individual can promote a life of safety is to build good attitudes and habits. Good attitudes can result in being aware of new situations that could result in an accident. Good habits can also avoid dangerous situations from even coming close to existence; however, bad habits can have the direct opposite effect.

Bad habits, such as not wearing safety equipment or following appropriate procedures, can create environments for potential accidents to thrive.

Accidents don’t just happen. Accidents and unsafe environments are avoidable—but often created—by each individual. If one takes a proactive approach to making each situation as safe as possible, accidents will decrease.