Think It Through Self-Assessment

Take a minute to check in with yourself during prework, or any time conditions change.

VirtuOHS

Name _____ **Date** _____ **Task** _____

How to use it: Work through each part of the brain. Tick the box if yes. Write an X if no, or ? if you're not sure. Any X or ? means pause and talk it through before you go ahead.

1 SEEING — What's in front of me?

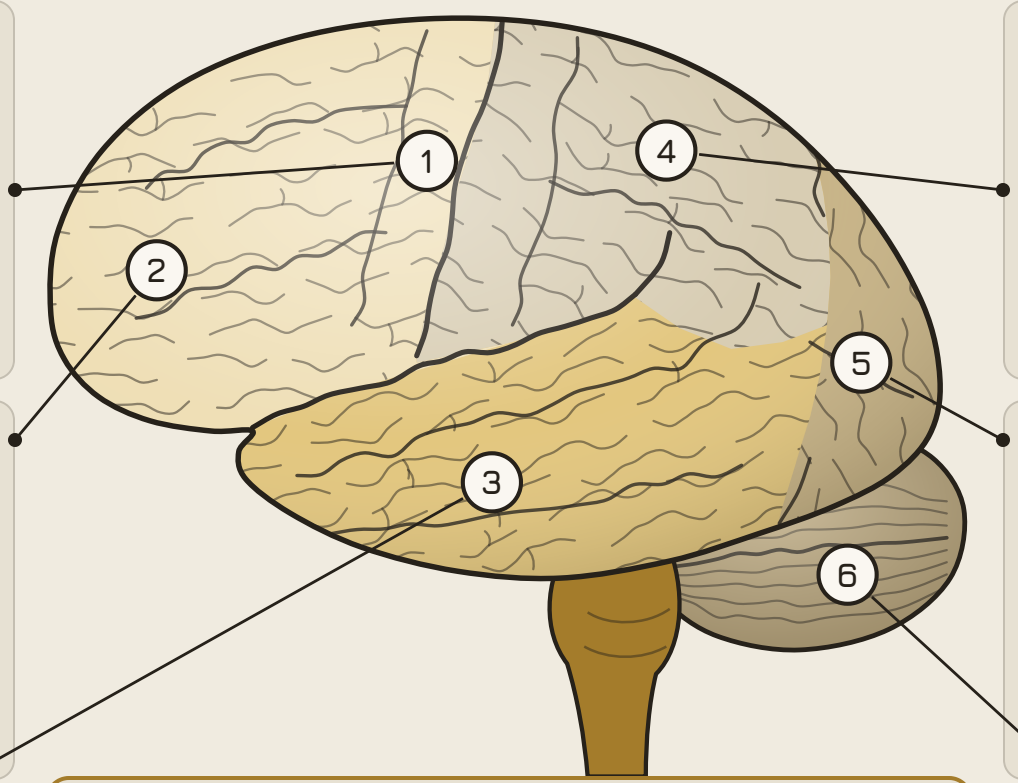
- ☐ Conditions are the same as when this task was planned
- ☐ My tools and equipment are right for the job and working properly
- ☐ I know who is working around me
- ☐ Nothing about how this job was set up is making it harder to do safely

2 KNOWING — What do I know?

- ☐ I've done this task before, under these conditions
- ☐ I know the procedure, and it fits what I'm actually seeing
- ☐ I have the training I need for this

3 PREDICTING — What could happen?

- ☐ I know what's most likely to go wrong, and how serious it could be
- ☐ The controls in place will protect me and others if it does
- ☐ I'm not aware of past incidents or near-misses with this task that haven't been addressed



My call — circle one

Go ahead | Adjust the plan | Pause and ask | Stop the work

What I'm adjusting or reporting _____

After the task

Did it go the way I expected? **Yes / No**

Anything someone else should know? _____

Talked it through with _____

4 PRESSURE — What's pulling on me?

- ☐ I have enough time to do this properly
- ☐ I'm not cutting a corner because "that's how it's always done"
- ☐ I'd make the same choice if no one was watching or waiting on me

5 ME — How am I doing?

- ☐ I'm rested and alert enough for this task
- ☐ My head is on this task, not the next one
- ☐ I'd make this same call at the start of my shift

6 SUPPORT — Who can I check with?

- ☐ I know who to ask if I'm unsure (supervisor, experienced crew, Health and Safety Committee member)
- ☐ I'm comfortable pausing the work to ask
- ☐ I know I have the right to refuse unsafe work