

## *Think Safety*

Care and Attitude are two of the more important aspects of your job. They not only affect the way you do your job, but also have a definite relationship to your mental health.

Have you ever noticed how much energy you have for the things that you enjoy doing, projects you are enthusiastic about? It has been proven that people who perform their job with an assured attitude are more safety-conscious, work more efficiently and have a healthier outlook. Safety means approaching your job with confidence, doing things the right way, the safe way, with a concern for others.

A safe attitude contributes to everyone's well-being. If a proper attitude is not maintained, poor job performance could result in a personal injury, inferior workmanship, and damaged materials. A person who thinks safe will take the extra time to do the job correctly. Whether you participate in a sporting event, are working at the University of Arkansas, your job performance and the quality of your workmanship depend on your outlook.

The difference between winning and losing can depend upon your attitude. As a worker, here at the University of Arkansas, your outlook may not only affect your future, but also the people who work with and around you. It is satisfying to know when you have done your job well. Have you ever had a bad day, and felt guilty because the quality of your work was less than you are capable of? When you do an admirable job and feel good about it, everything else seems to fall into place. Your job should not be "just a job"—it should be an enjoyable experience. After all, you spend at least one-third of your life working, which enables you to support your family and take pleasure in the activities you like to do off-the-job.

When you are enthusiastic about your job, and show concern and a positive attitude, you not only make a better employee, but also become a much more appreciated individual. There is nothing as contagious as enthusiasm—if everyone makes the effort. Don't be some someone who just "has a job". The proper attitude—the safe attitude will show that you care.

A safe attitude can play a big role in all of our lives. By staying in the right frame of mind we can accomplish all things we attempt in a safe manner. Remember—your attitude matters!!!

