

# LET'S TALK ABOUT **SAFETY**

19 ways you can work safely



**Anton Guinea**



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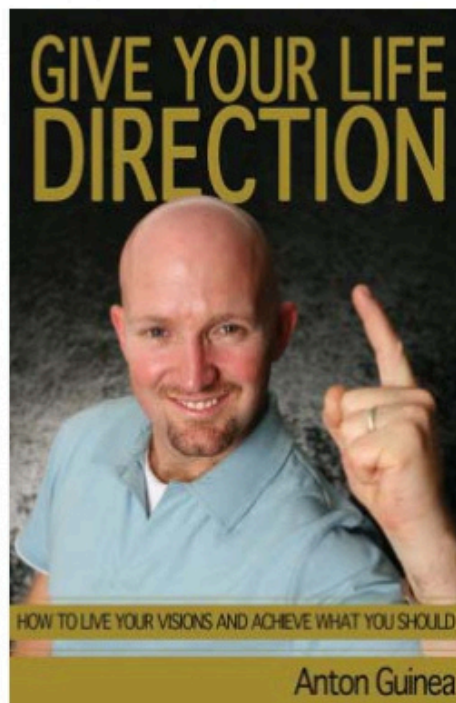
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# DEDICATIONS

To all those workers that have ever had a workplace incident or accident and have suffered due to an error of judgment, of their own or of others, I dedicate this book to you. It is a tragedy to be involved in any workplace incident; the pain and suffering of injured workers causes grief and sorrow to their families all over the world.

As always, to my dear wife, Julie, who was one of the first people to arrive at the hospital on the day that I was injured at work. She suffered through my period in intensive care, then when I was in the Burns Unit in Brisbane. Julie is a champion and my life would be so much less without her. Toby and Zac are growing up and know how important it is to stay safe in life. Had the unthinkable happened on that Tuesday morning in March, 1994, they would never have been born.



# FOREWORD

*By Marc McLaren*

Anton is not just passionate about safety, he lives it 24/7; no-one should be hurt while doing their job. He is a person of immense integrity and this book is like its writer; it is truly motivational and speaks to the heart.

Let's Talk About Safety draws together two powerful and life changing safety ideas. In a plain English manner Anton explains that our beliefs, what we hold to be true about safety, drive our behaviours and that real conversations in the workplace can influence our safety beliefs. It does this in a passionate and personal manner, moving us beyond mere safety theory to life saving thinking and actions.

The big questions about safety are tackled honestly and head on by Anton. In a down to earth and refreshing style, the person at the "front line" to the senior manager is challenged to reconsider what they believe in and to rethink their approach to safety.

This book will get you in from the very first page and I guarantee you won't be able to put it down until you have finished reading it.

Let the safety revolution begin and remember it takes only one genuine safety discussion to potentially save a life and change a whole organisation's approach to safety. This

book needs to get into the hands of every person in your organisation, regardless of whether they see are a reader or not.

Beware in picking up this book it may change the way you think about safety, the choices you make about safety and the conversations you have with others about safety.

**Marc McLaren**  
**Safety4Life Executive Manager**

# INTRODUCTION

G'day mate, my name is Anton Guinea. How's things? Thanks for taking the time today to discuss your beliefs and feelings about safety.

I began work as an Apprentice Electrician at Queensland Alumina in Gladstone, Queensland. From there, I moved to Western Australia, where I worked on an Iron Ore mine in Pannawonica. I have also worked on a Uranium Mine, and in a Copper Smelter.

I have been around safety for a long time now and my present work sometimes takes me to sites and companies like yours to discuss safety with employees and managers.

I can still remember when I was a first year apprentice, the Electrical Workshop Supervisor announced one day that we were going to start having 'safety meetings'. "I am not sure what they are" he said, "but we have been told to have them once a week". That was in 1990 and a lot has happened in safety since then, particularly in the attitudes of workers to safety and how they view not only the process, but their own role in workplace safety. The role of managers in the safety process is also an interesting topic for discussion.

One of the most important things worth knowing about safety is that your beliefs, your values and your attitudes towards safety have a direct influence on your behaviours.



That is, if you believe that safety is a waste of time, or that you don't have time to work safely, that is how you will act. Your beliefs drive your behaviours. That is why it is so important to examine and understand what you believe about safety. And yes, it is possible to change your beliefs and attitudes; you have to want to do that, though.

At the end of our discussion, why don't you commit to taking some action? Why don't you set a goal to do something to improve safety on site? You might like to set a safety choice goal (or goals) on the page provided at the back of the book.

Now, let's discuss some of the things that are bugging you, and don't be afraid to be completely honest with me ...

Since a major workplace incident, Anton Guinea has been a changed man. He changed the way he worked, to prevent being injured again. He changed his career to allow him to speak to people around the world about safety, and he changed his outlook on life.

In this book, Anton considers some of the most important safety topics that he hears from employees and he replies to each of these topics in a very conversational style. This book is a one on one chat with a worker who could be you, someone you work with, or someone in your company.

Anton's approach is down to earth, and he works with his 'mate' to explore how employees can better understand the safety process and how they can continue to work safely.

Some of the discussion topics covered in this book include:

*"I just don't have time to work safely"*

*"I never follow procedures because they are all wrong"*

*"They always put production before safety here*

*... they say one thing but do another"*

*"Look, it won't happen to me"*

*"No matter what you do, you can't prevent accidents or incidents"*

James Wood, a former trades person, workplace incident survivor and safety champion also shares the story of how he was paralysed at work.

If you are serious about your safety and the safety of your employees, you must read this book. It might just save a life – it is that powerful.

*"It is great to finally find so much information on the safety attitudes of employees captured in such a simple and concise book. This is a must read for employees everywhere. Actually, employers should go through it too."*

Dave Whitefield  
(Baseline Training and Consulting)

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