



These four states...

- ☐ Rushing
- ☐ Frustration
- ☐ Fatigue
- ☐ Complacency

can cause or contribute to these critical errors...

- ☐ Eyes not on Task
- ☐ Mind not on Task
- ☐ Line-of-Fire
- ☐ Balance/Traction/Grip

...which increase the risk of injury.



Critical Error Reduction Techniques (CERT)

1. *Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.*
2. *Analyze close calls and small errors (to prevent agonizing over big ones).*
3. *Look at others for the patterns that increase the risk of injury.*
4. *Work on habits.*

