

FOUR STATES OF MIND



Understanding How Our **State** of
Mind Influences Safety

Human Performance

EVERY SAFE DECISION BEGINS HERE

Before we inspect our tools,
we should **inspect ourselves**



TODAY'S FOCUS

Understanding how our state
of mind affects our awareness,
decisions, and actions



FOUR STATES EVERY DAY



Our state of mind changes throughout the day.
Recognizing it helps us make **safer** decisions



FOCUSED

Alert and
ready



RUSHED

Pressured and
distracted



FATIGUED

Drained and
vulnerable



OVERWHELMED

Stressed and at
high risk



CHECK YOUR STATE



Our state of mind impacts our **focus**,
Awareness, and ability to keep ourselves
And others **safe**

ASK YOURSELF

- What state am I in right now?
- How is it affecting my decisions?
- What can I do to get back to focused?



YOUR STATE SETS THE TONE



Leaders set the tone for the crew.
Your focus, attitude, and behavior
Influences **everyone** around you.

BE PRESENT

Your attention shows the crew
what matters most

BE CONSISTANT

Consistent actions builds trust
And reinforces safe habits

BE ACCOUNTABLE

Hold yourself and others to the
same standard



FOUR STATES

FOUR OUTCOMES

Our state of mind drives the quality of **every** decision we make



RECOGNIZE IT MANAGE IT

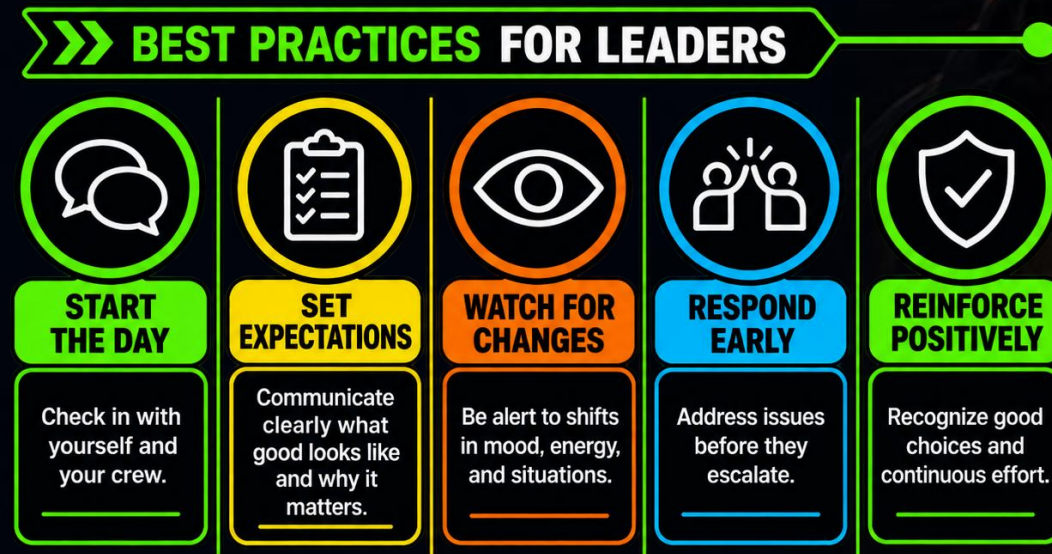
Awareness alone is not enough. Leaders actively
Manage their state of mind throughout the day
To stay sharp and make **safe** decisions



LEAD YOUR STATE

LEAD YOUR CREW

Leaders who understand and manage their state
Create an environment for **safe** work and
Strong performance





EVERY SAFE DECISION STARTS WITH YOU

Leadership is not a title. It's a choice.
It starts the moment you take ownership
Of your state, your actions, and your impact on others

YOUR LEADERSHIP COMMITMENTS



OWN YOUR STATE

Recognize and manage your four states every day.



THINK BEFORE YOU ACT

Pause, assess, and choose the safest option.



LOOK OUT FOR OTHERS

Speak up, step in, and support your crew.



DEMAND EXCELLENCE

Set the standard. Expect it. Deliver it.



LEAD BY EXAMPLE

Your actions speak louder than any words.



STRONG STATE STRONG CREW SAFE RESULTS

Leadership isn't about titles or positions.
It's about daily choices that protect people
And drive performance.
Start with **your state**. Lead **your crew**. Build a culture

KEY TAKEAWAYS



MANAGE YOUR FOUR STATES

Recognize and manage your state of mind throughout the day.



LEAD YOUR CREW

Your state sets the standard for everyone.



CREATE SAFE CONDITIONS

Strong leadership creates the space for safe work.



DRIVE STRONG PERFORMANCE

Safe decisions lead to quality work and positive results.



MAKE AN IMPACT

Your leadership impacts lives—every day.



LEAD TODAY BUILD TOMORROW

Your **state** shapes your decisions.
Your **decisions** shape your crew.
Your crew shapes our **future**

» NEXT STEPS



1. ASSESS YOUR STATE

Take a moment.
Check in with yourself.
Lead from a strong state.



2. LEAD YOUR CREW

Communicate clearly.
Watch for changes.
Support one another.



3. BUILD THE FUTURE

Small choices.
Every day.
Big impact.



LEADERSHIP IT'S A DAILY CHOICE

Great leaders aren't born in the office.
They are built on the worksite, one **decision**,
one **conversation**, one **action** at a time

»» OUR COMMITMENT AS LEADERS





Any

SAFETY-RELATED CARES, QUESTIONS OR CONCERNS?



*Your voice helps make
every one of us safer.*