

RUSHING HAS ITS RISKS



When we are in a hurry, we are more likely to:

- take a short cut off of a designated walk way onto uneven or slippery terrain
- move blindly around corners and into a coworker
- overlook a slick spot or a tear in the carpet
- not change into safer footwear
- carry too much

...and wind up in urgent care with unexpected medical bills!

“For fast acting relief, try slowing down.”

— Lily Tomlin

MOVE WELL TO STAY WELL

Walk at appropriate speeds

Test footing before committing weight

Use railings on stairs

Use mirrors at corners

Reduce over-striding

Look before moving

Wear the right footwear

Avoid sudden turns or pivots

Watch for hazards or changes in conditions

WAYS TO SLOW DOWN

- Add travel time to your calendar
- Avoid back-to-back appointments
- Allot extra time for the unexpected (or to arrive early and relaxed)
- Schedule time for extra trips rather than carrying more than you can safely handle
- Stop for a moment to notice the moment you are in
- Remember that rushing can add stress and lead to falls
- Develop time and stress management skills with LifeMatters EAP or a StayWell health coach

RESOURCES

LifeMatters EAP - 800-657-3719 - www.mn.gov/EAP

StayWell - 855-428-6320 - www.mn.gov/StayWell



95% of safety incidents include at least one of these common factors

RUSHING FATIGUE FRUSTRATION COMPLACENCY

