

**ESSENTIAL
STANDARD
no.39**

Situational Awareness



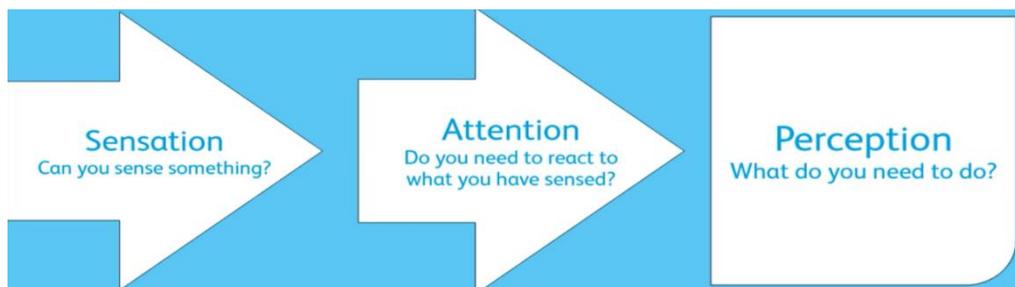
KEY MESSAGE

Situational awareness is being aware of what is happening around you. This includes where you are, where you're supposed to be, and whether anyone or anything around you is a risk to your health and safety.

This essential standard is to show a technique known as the "3 & 10" which is designed to help you risk assess. This is to be done throughout the whole task and not just at the beginning. This technique helps you dynamically risk assess throughout the whole task in hand.

To perceive risks, we use our senses (eyes, ears, nose, tongue and touch) and our brain to interpret these risks as to whether we or anyone else could be in danger. Our senses, understanding and attention need to be consistently vigilant.

By completing the 3 & 10 checks as a matter of routine we can all play our part to keep everyone safe.



Risk Normalisation

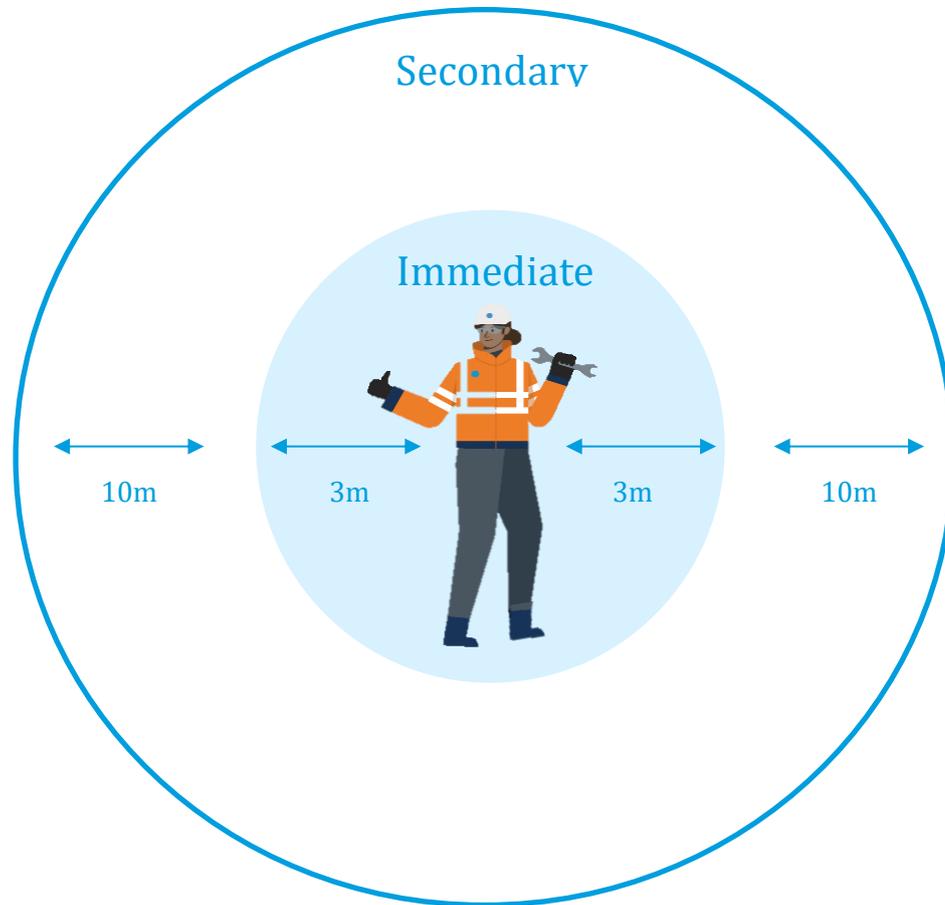
In using our senses to recognise potential hazards, the understanding of these hazards can be based on our past experiences and knowledge, however, when regularly exposed to risks we can be tempted to think that because we have seen a hazard so many times or carried out the task with no problems before we may think harm will not occur. By perceiving these risks as low and accepting them we can forget to apply our rules and control measures that ensure our safety and put ourselves in harm's way.

This is known as normalisation of risk.

Sometimes we don't even perceive a risk as a hazard because we have never personally experienced the hazard and a fresh set of eyes or someone with different life experiences will perceive the risk differently. When we are frequently exposed to hazards we fail to properly appreciate and perceive the true level risk we may be exposed to. This is why we have rules and consistent control measures that need to be applied, we need to risk assess correctly and know we work safely with the correct controls in place to safeguard everyone.

Three and ten checks

There is a solution to assist our assessment of risk and this is known as the 3 & 10 technique. This technique breaks down the area into smaller radiuses and you follow a simple logical sequence to spot hazards and items to improve your safety in those radiuses.



The situational awareness technique

3m

- Identify best safe position to stop
- From inside the vehicle visually check the first 3m radius
- Look down firstly, if no hazards step out
- Complete a visual 3m radius check from ground to up to waist height, then from waist to above head height.
- Complete a physical check only in the 3m radius

10m

- Only to be done once 3m checks are complete
- Visually check the 10m radius
- Once visual check is complete, do a physical check of 10m radius

Action

- Make safe and prevent the recognised hazard from causing harm or:
- If you cannot implement adequate controls to prevent harm, stop the task and report a safety observation as well as informing your line manager.