

# STAY ALERT in the workplace

## Situational awareness mindset

When it comes to noticing what's happening around you, which mindset are you in?

Target Area

### Zero awareness

- Completely unaware of surroundings
- Would not recognize potential danger

### Relaxed awareness (This is where you want to be)

- Casual and relaxed
- Alert to surroundings and people
- Looking for changes in your environment

### On alert

- Something doesn't feel right
- Gut feeling/intuition
- Take a breath and look around

### Take action!

- Fight or run. Don't freeze
- Heart rate increases, tunnel vision, world slows down and gets quiet

### Panic

- You freeze
- Your brain and body stop communicating
- This pause could cost you