



Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm

Afterthoughts and Regrets

How often have you said or done something and then later, reflecting on your action, thought to yourself, "How could I have done that?"

Here are some afterthoughts which, unfortunately, too many of us have experienced:

That's how we've always done it. (*...before the accident occurred anyway.*)

If I had taken that first-aid/CPR course, I probably could have helped him. (*...and chances are, he would still be here.*)

I should have taken care of that board with the projecting rusty nails earlier. (*Now, I have to take off work to get a tetanus shot.*)

Wow, I never realized that a fire could get out of control so fast. (*If I'd called the fire department before trying to put it out myself, I might still have a place to work tomorrow.*)

I know they we're always preaching that we should lift with the leg muscles instead of the back muscles. (*What the heck is a herniated disk?*)

Any of this sound familiar? They say *hindsight* is the only perfect science - but *foresight* could have avoided these incidents, misfortunes and regrets.

Learn from others' mistakes and you'll have no regrets!