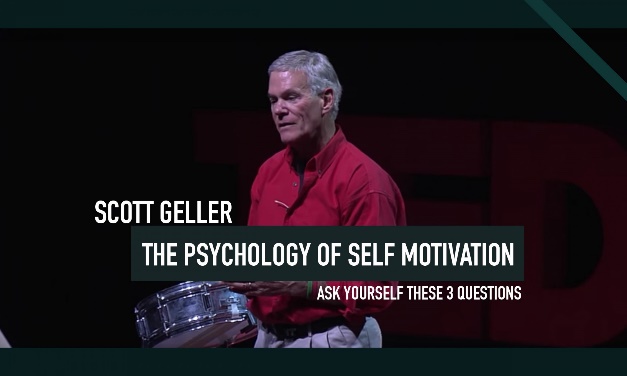
*[](https://www.youtube.com/watch?v=7sxpKhIbr0E)*

Volume 6, Number 10

October 2019

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**The Psychology of Self-Motivation**

**Smoke Alarms at Home**

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| Safety Net(work)  Produced by Department of Administration Bureau of State Risk Management  Produced by Department of Administration Bureau of State Risk Management |

Safety Spotlight:

[Drive Safely Work Week](http://trafficsafety.org/road-safety-resources/drive-safety-work-week/)

A close up of a camera

Description automatically generated

Workers Comp

606

Claims

FY20 YTD

[Fire Prevention Week](http://www.nfpa.org/public-education/campaigns/fire-prevention-week)

“The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people.”

-Dr. Martin Luther King Jr.

Quote of the Month:

Five Minutes for Safety:

168

127

Claims

FY19 YTD YTD

Dr. Scott Geller, “Distinguished Professor at Virginia Tech, who just started his 50th year!, examined how we can become self-motivated in “The Psychology of Self-Motivation.”

Dr. Geller asks to think of those leaders, those teachers, those supervisors, those parents, who inspire us to go beyond the call duty. To do more than we have to. To do it not because they tell us but because we want to. Dr. Geller shared what the research says about how to make that happen. Not just for other people but for yourself. How can we inspire people and ourselves to be self-motivated (feeling empowered).

If you want to know if you feel empowered, or your child, student, worker, ask them three questions. If they say yes to these three questions, they will feel empowered.

1. Do you believe you can do it? (Do you have the time, the knowledge and the **training** to do what we are asking you to do)
2. Will it work? (Do you believe the process we are asking will work – believing that the behavior will lead to the ultimate outcome - takes **education** - why this might work)
3. Is it worth it? (do you believe the consequences – **motivation** – convinced why it’s worth it)

If you answer yes to all three, you feel competent at doing worthwhile work and are more likely to feel self-motivated. Empowered, means one, I know how to do it (self-efficacy). So, when taught a safety process, it might be able to be accomplished through training but education is also required to show the data, proving that this response/process will work.

Dr. Geller provides a challenge to leaders/teachers. How do you inspire others to feel competent? Give them feedback and recognition to show them they are competent.

<https://www.youtube.com/watch?v=7sxpKhIbr0E>

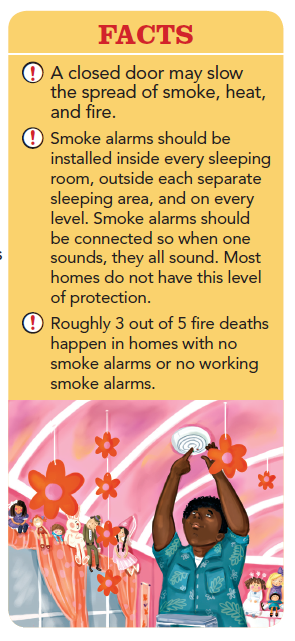
Lost Time

FY20 YTD

Lost Time

FY19 YTD

750

[](https://www.youtube.com/watch?v=i38vLZ7Zaz4)[](https://youtu.be/PcFuIEwbITA)

Consumer Safety

[United States Consumer Product Safety Commission](http://www.cpsc.gov/)

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<https://doa.wi.gov>

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The National Fire Protection Association (NFPA) discussed how smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. So, having working smoke alarms are imperative for early warning to get outside quickly.

The NFPA shares these important smoke alarm safety tips:

* Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
* Large homes may need extra smoke alarms.
* It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
* Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
* Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
* Today’s smoke alarms will be more technologically advanced to respond to a multitude of fire conditions yet mitigate false alarms.
* A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least ten feet (three meters) from the stove.
* People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
* Replace all smoke alarms when they are ten years old.

**NFPA’s Dan Doofus shares important reminders on “exit strategy” and “smoke alarms”**

<https://www.youtube.com/watch?v=i38vLZ7Zaz4>

Smoke Alarms at Home