

Health and Safety update September 2018

Much about staying safe and free from serious injury relies on habits. Habits rule our daily lives so understanding how they become ingrained in the brain could help you nail the habits you want to keep and drop the ones you don't. To quote the NewScientist 13 January 2016 "Forty per cent of our daily behaviour is habitual, freeing up the mind". The article goes on to say that once a habit is formed, you might think of it like initiating a program that runs on autopilot, making our actions more streamlined, and having specific rules also makes it easier to make good choices even when your willpower is low. Staying safe while enjoying our sailing activity could well rely on forming those good habits.

My examples of good habits are that I rig my boat to the same routine each time which means that I can chat to others while ensuring that there is a high chance the bungs will get put in. When launching the boat I always take short half-steps down the ramp so if it happens to be slippery I reduce the chance of falling. Off course the important habits make it a habit of getting to briefing, that way you have a better chance of hearing about hazards your fellow sailors have seen.

Safe Sailing

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