



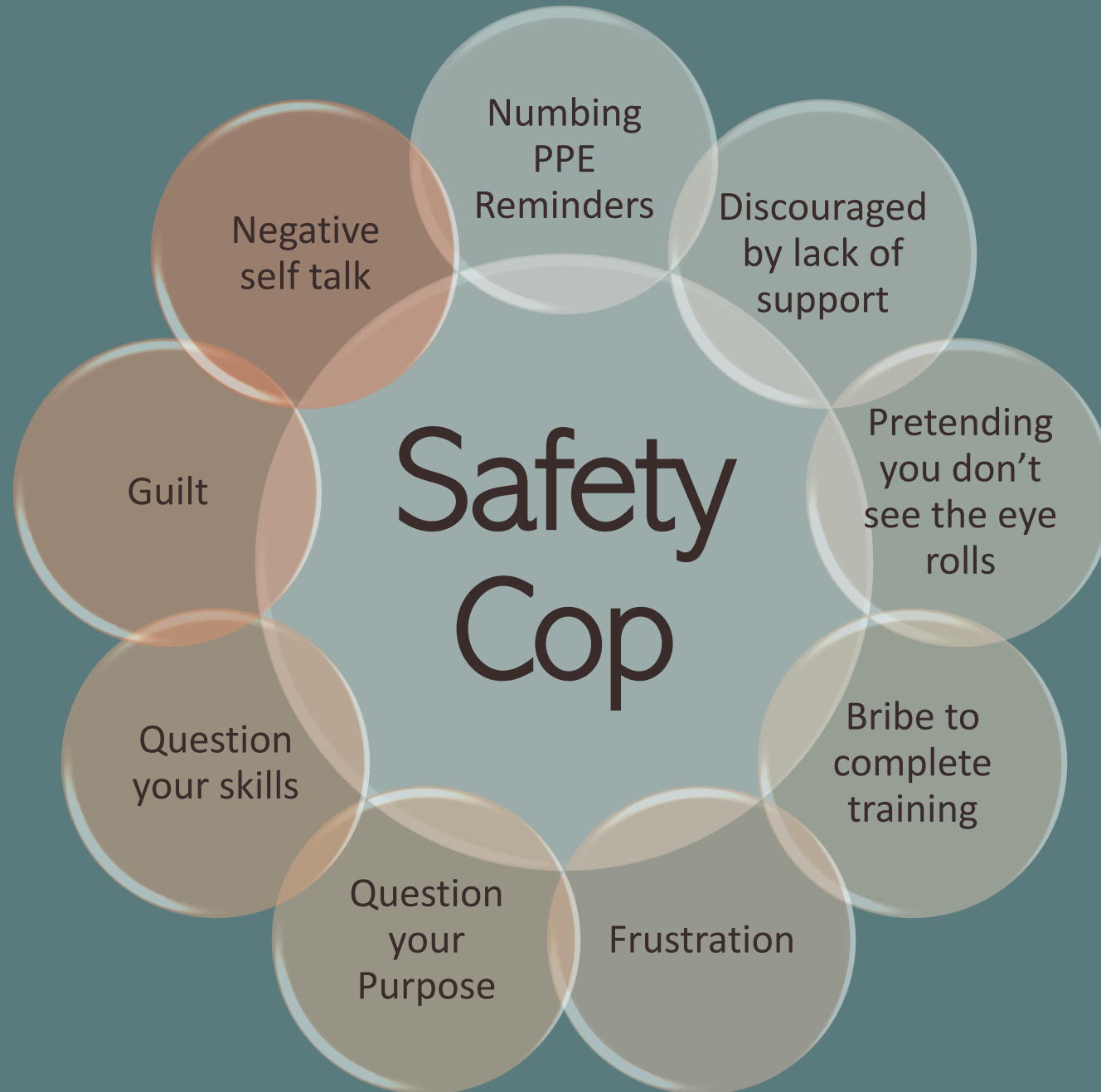
Stop Feeling Beat Down

OC ASSP Breakfast Meeting
Presented by: Lindsay Polic, CSP
February 15, 2023

About Me

- Multi-passionate Entrepreneur
- President of Lindsay Polic Consulting, Inc.
- Approach health and safety with a human-centered, solution-based eye to help companies identify and close the regulatory gap
- Over 2 Decades working in Health and Safety
 - Gap Assessments and Audits
 - Holistic Health and Safety Program Creation and Implementation
 - Extended Onsite Support
 - Project Based Support – I ❤️ hazard analysis!
- Child Passenger Safety Technician





Almost everything will work
again if you unplug it for a
few minutes... including you

~ Anne Lamott





Work + Home =
Work Life
Integration



4 Pillars of Human Safety

Education & Skills

- Professional Development
- Degrees
- Skills
- Natural gifts

Community

- The People in Your Life
 - Co-workers
 - Family
 - Friends
- *Your Support System

Environment

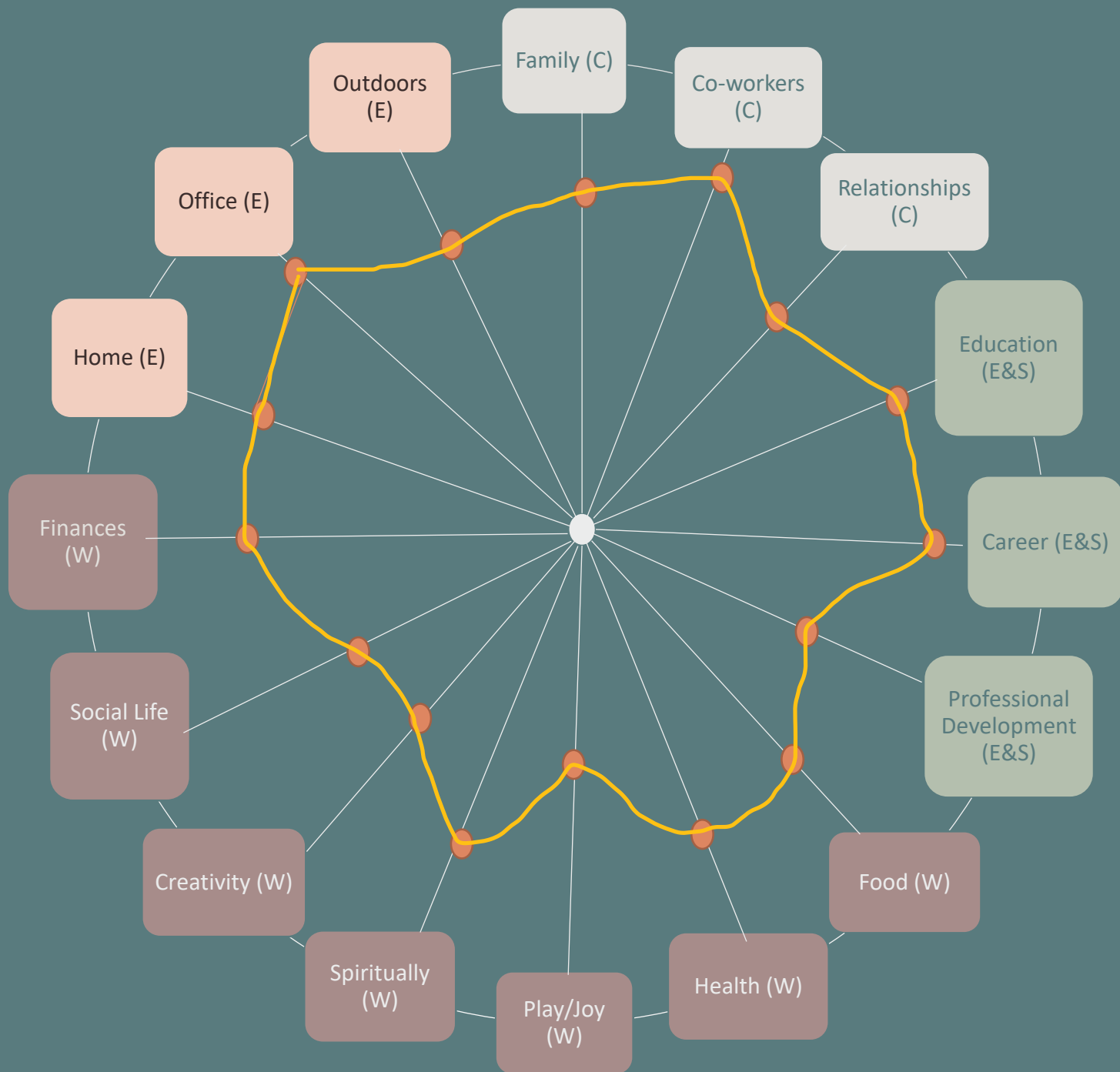
- Home
 - Office
 - Outdoor space
- *How does the energy feel in these spaces?

Wellbeing

- Food
- Joy / Creativity
- Finances
- Spirituality







Area of Focus & Issue	Mental/Internal Hazard or Risk	Physical Hazard or Risk	If nothing changes, then...	Plan to Shift & Next Best Step
Community: I don't feel safe talking to my manager	I feel depressed at work. My productivity is down.	I take unnecessary risks because I can't talk to my manager.	I may be negative to my family. I may lose my job. Someone could get injured. (I may miss an unsafe act or condition because the negativity makes me not care as much.)	Find a new job. Reduce time spent with the negative people. I cannot find a new job, so I will identify ways to find joy in what I do. Gratitude list each morning.
Skills: I don't feel like I am using my skills	I am unhappy when I got to work. I am bored at work.	I take short cuts because I am not invested in my job.	I don't get my certification and continue to have negative feelings.	Set 30 minutes before work to study. Schedule the test.

Knowledge Value Action

- Knowledge does not change behavior
- Knowledge alone is not enough
- What value do you place on the knowledge
 - The reason you are not changing is because you don't place enough value on what you know.
- If we cannot change the situation, then we need to leave or change our mindset.
- Have accountability to hold the value
 - Community will hold you accountable which will increase the value
 - This will lead to change



Tips to Implement Knowledge Value Action

Let It Be OK

If it's a pain or a drain, let it go

Mental Ergonomics

5,4, 3, 2, 1

LINDSAY
POLIC
CONSULTING, INC



Thank you

Website www.lindsaypolic.com

Email: lindsay@lindsaypolic.com

Phone: 858.442.6678

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