

### ***Safe Farm Minute: New Safety Techniques***

Your mind is the most effective tool assisting you in avoiding injuries. It contains instructions for operating equipment safely. It also stores important facts, records past experiences, and processes complex problems. It's time we use this tool to keep us safe.

A new technique is visualizing your safety. This is similar to athletes that pauses to visualize how they will run their race, doctors that mentally rehearse a complex operation, or a Blue Angel officer that leads the pilots through their airborne performance before getting into their jets.

Practice visualizing safety by:

Creating safety goals in your mind,

Thinking through farm duties, and

Rehearse images to anticipate and prepare for possible dangers.

By using visualization, you could enhance your abilities to choose the safest behavior and reduce injuries. During the peak time for agricultural injuries it's important to keep safety on your mind and in your actions.