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Contents of **Thirty Eight Mantras of Safety**

Learn from mistakes - A few Case Studies

1. You must have a conviction
2. You must have an action plan
3. You must act as per plan
4. Identify all the hazards
5. Calculate & Control risks
6. Control hazards & Risks
7. Arouse awareness level
8. Uplift competence level
9. Involve people
10. Formulate Procedures
11. Develop system and implement it
12. Make CAIP & audit
13. Have administrative control
14. Have technical control
15. Review timely to rectify
16. Adopt safety a way of life
17. Understand value of human life
18. Always be in the present
19. Know the art of communication
20. Have care and concern for others
21. Keep your house in order
22. Avoid over confidence
23. Judge the competence level before placement on the job
24. Motivate people
25. Safety is a team work
26. Measurement of Safety Performance
27. Evaluate & Manage the Risks
28. Avoid negativity – Be positive
29. Be safe on road
30. Be safe at home
31. Manage your self in all situations
32. Control your emotions and help
33. Learn from experience
34. Don't be fatalist, make efforts
35. Keep God with you and always smile
36. Be safe and happy
37. Recognise time and life wasters
38. Keep some hobby to keep happy

About the Author