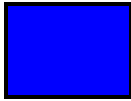


SAFE START TRAINING SERIES

THESE 4 STATES



RUSHING



FRUSTRATION



FATIGUE



COMPLACENCY

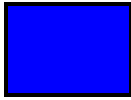
CAN CAUSE OR CONTRIBUTE TO THESE CRITICAL ERRORS



EYES NOT ON TASK



MIND NOT ON TASK



LINE-OF-FIRE



BALANCE / TRACTION / GRIP

WHICH INCREASE THE RISK OF INJURY