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Being experienced in your work does not provide immunity from injuries. Nearly a quarter of acute injuries happen to experienced workers – as a result of human errors.

Statistics like this remind us of the need for continued safety training. Refresher courses, new training with new information and regular safety reviews are all necessary to keep you safe from workplace injury.

Near misses or minor incidents indicate something is wrong with the way you are working. Or perhaps it has simply been a long time since you covered the material. You may have forgotten some of it, or there may be new information or new methods to make it easier to understand.

How can you update your safety training?

- Ask for a review. Go to your supervisor, qualified co-workers and company's safety department with specific questions you need to have answered.
- Use the company's library of safety resources. Self-directed study workbooks and CDs, safety booklets and videos are some of the ways to learn and review the information. If you are not familiar with computers, start with an easy course while you learn to navigate.
- Use your breaks for safety reading and discuss it with your co-workers. Encourage your company to supply safety literature in the break rooms. Help set up a television and video player in the lunch room for safety presentations.
- Read again the information presented to you when you started your job. It will make much more sense the second time around. This could include your company's safety policies and procedures, emergency instructions, operating manuals for equipment, Material Safety Data Sheets and labels for chemicals in your work area.
- Ask for cross-training in other jobs. You will look at hazards and safety procedures from a new perspective.
- Take the materials home to your family if you are allowed to. Make your safety training a household project. This will give your family members a better understanding of what you do, and they will encourage you to work safely.
- Ask for help with advanced training and education if you are interested. Your company might have a budget for sending you to safety conferences or technical courses. Even if no financial help is available, the department might be able to schedule your shifts to accommodate learning. Consider distance learning, in which you communicate by computer, television and mail.

You are never too experienced or qualified to learn more about your job. Start your refresher training today.