



7-Second Safety Message™ Guide

A practical tool for delivering instant, respectful safety feedback.

Purpose

To correct unsafe behaviour quickly without confrontation.

The 3-Step Method

1. **Observe** — State what you saw
2. **Anchor** — Link to a value or rule
3. **Redirect** — State the safer action

Examples

- “I noticed you lifting alone — remember our two-person rule — grab someone to help.”
- “I saw you step over the barrier — that’s a trip hazard — use the walkway instead.”

When to Use

- Toolbox talks
- On-the-spot coaching
- Supervisory walkarounds

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