

# Richard Hawk

Helping Companies create  
Vibrant Safety Cultures!

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## Mindfully Safe

### How to Avoid Accidents and Mistakes by Paying Better Attention

#### Overview

In today's fast-paced world, **lack of focus** and mental distractions are a major root **cause of accidents**. Every year, unfocused acts cost **billions of dollars** in damage and injury. **"Mindfully Safe"** combats **this problem by giving** your employees the tools to **concentrate better**, heighten their **attention to detail** and effectively **manage distractions**. The result? **A safer workplace.**

#### 5 Ways **"Mindfully Safe"** Will Improve Your Bottom Line:

1. A **decrease in accidents** and an **increase in positive behaviors**.
2. **Improved quality of work with fewer mistakes**.
3. **Less sick time due to stress-caused symptoms**, such as headaches and digestion problems.
4. **An increase in hazard recognition which will reduce accidents**.
5. A **surge of ideas** from employees on ways to make their work **more efficient and safe**.

#### Audience

**"Mindfully Safe"** is valuable for employees, supervisors, managers and contractors at every level of your organization. It is perfect for outages, turnarounds and other special projects where it's crucial that employees stay focused on the task at hand.

#### Take Aways

Participants who experience Richard's keynote will discover how to:

- ❑ **Improve their moods** and general awareness using three simple habits.
- ❑ Stay focused on the task at hand practicing **down-to-earth methods**.
- ❑ **Slow down** so you can **get more work done** in less time **using proven focusing techniques**.
- ❑ **Stop distracting thoughts** with 3 easy steps.
- ❑ Make **better decisions** with more confidence.
- ❑ Follow a proven system for **handling negative emotions** a major root cause of behavior-based mistakes and incidents.
- ❑ Use **habit tags** which will remind them to **pay attention**.

## Format

Richard's programs are **lively and fun**, but they also include **practical activities**, tips and techniques that can be **applied immediately** within your organization. Each program is **tailored to your organization's specific needs and objectives**, including program length. Formats range from a 60-minute, high-energy keynote to a full-day interactive workshop. We also recommend that Richard conduct a brief session with your supervisors to teach them how to make the "**Mindfully Safe**" message stick with your employees.

## About Richard Hawk

It's rare to find someone who is both a safety professional and an entertaining speaker and trainer, but Richard fits the bill. He spent more than 10 years in the nuclear industry as a safety and health professional which included a stint with the Institute of Nuclear Power Operations (INPO) studying the root cause of incidents and recommending ways to eliminate errors.

Richard's expertise also comes from his interactions with thousands of leaders in a wide array of industries, including energy, manufacturing, chemical, construction, healthcare, technology, retail, food services, transportation, government, and education. He holds numerous safety and technical certifications from various organizations including the National Safety Council and stays on the leading edge of the safety industry. He has been a popular keynote speaker at the NSC's Annual Congress & Expo, the largest annual safety convention in the U.S. He has been a featured speaker at international conventions for Fortune 500 companies; presented to engineers and plant managers in India; worked with CEOs in Canada; and has spoken to technicians in Japan. His experiences as a union and nonunion employee, line worker and manager, safety leader and now successful business owner, give him the insight to relate to people at all levels, from employees to CEOs, truck drivers to scholars.

Richard is the author of five books, including *The Safety Leader's Guidebook*, and is a regular columnist for the National Safety Council's *Safety+Health Magazine*. He is an accomplished singer, songwriter, and avid pool player who lives in South Jersey with his wife Jackie and rescue dog Izzy.

## Clients

Below are just a few of the many clients that have benefitted from Richard's presentations:

- American Society of Safety Engineers
- American Water
- Aquilex Hydrochem
- AstraZeneca
- Aventis Pasteur
- Constellation Energy
- DuPont
- ExxonMobil
- Georgia Power
- Sikorsky
- Montana State Fund
- Super Store Industries
- Gulfstream Aerospace
- Heinz Frozen Foods
- India Coal
- John Deere
- McNeil Consumer Healthcare
- NASA
- National Safety Council
- Nestle Purina
- Occidental Chemical
- Entergy Nuclear
- BP Retail
- British Glass
- PA National Guard
- Pfizer
- Ralston Purina
- Raytheon
- Shell
- Suncor
- Sysco Foods
- Tropicana Products
- U.S. Air Force
- VPPPA
- Merck

