

Instructor –

- Do you guys remember? This was a couple months ago. There was a shooting in Texas, at the Walmart, right? Some of you guys familiar with that? It was just any ordinary day, and this person comes in and starts shooting up the Walmart, right? And so these things happen and you get no warning. You get no preparation. You get no, "Hey, time out. Let me think this through." You don't get any of that. So that is why it's so, so, so important that you're sitting in this class, you're absorbing it, you're taking it in and you're paying attention to the things that don't make sense. If it doesn't make sense, Question it. Because there's so much through the day, where it doesn't make sense, and we don't question it. Because we got to move on to the next thing you got, you got to value your safety. All right.

- So I love this saying, right? "Always trust your gut. It knows what your head hasn't yet figured out." So, so, so true. So true. Animals say always listen to their intuition. They run from danger. They fight back when they feel threatened, okay. They have defense mechanisms, humans, and I'm reading this right. Are the only species that ignore their warning or ignore their intuition warning them of danger. We are the only species that ignore our intuition saying, "Hey, goofball, don't go do that." We are the, why don't we do that? Why don't we do that? All right, so who has, who has cats? Who has dogs? Who were my cat people? All right. That's going to be important in a minute.

- So. The dog people say that you drop something, you made a lot of noise in the kitchen. Or you start the lawn mower up, start the weed wacker up, your dogs like, "holy crap, what is that?" "Like? What's going on?" "We're being invaded, right?" The dog takes off. And then like, I don't know, a minute later comes back like, "Hey, are you okay?" We're still real cautious. Right? So if you do that, if you dropped something in the kitchen or make a loud noise, or you look at your cat wrong, that cat's gone for two weeks, right. You do see that cat for two whole weeks. And then you're thinking like, "dang it!" "I think the cat got out." Right. So, and, and those are really like benign examples, right? Those are really like, not dangerous examples. They're funny. And so you see, where the animals kick our butts and it's crazy. And so like out in the world, you know, out in the wilderness where, you know, you see a deer out of your window and like, you're like, "Does that deer see me?" and it takes off running. Doesn't even give you a chance. And that's because it they're listening to their intuition, they're listening to, "ah something's not right here." Right.

- And so us, if you're at the mall and you see a bunch of cops at the end of the mall, you're like, "oh, Hey, what's going on, honey?" "We got to go to the store down here." Right? Like that's what we got to go do. Or, or if you're, if you're in your neighborhood, and the cops come in or

*This material was produced under grant number SH-05150-SH9 awarded to Summa Health from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.*

the cop, you know, there's like five cruisers that pull into your neighborhood. You're like, honey, I'm going to go walk to the dog. Like, why would you guys are laughing because you do it. All right.

- Why don't we do that? Because, so, so if you got five cops in your neighborhood, I'm going to tell you to stay inside. Right. That's not good. And so a lot of line of duty deaths, or domestic dispute calls, where the officer will go up to the house and then an aggressor comes out, and they start shooting. So if you're out there walking your dog, you just put yourself in a pretty bad spot. Didn't you? All right. Remember that? Or the same rule applies if you're at the mall or you're at the store. And maybe somebody just got picked up for stealing or whatever. And you're kind of like, "all right" "I'm a nosy body. I got to get over here." And the same rule applies when we're on the floors. Right.

- And you know, and sometimes you may have to help in may have to help call, you know, code violet if you're on the floors or things like this. But, you know, sometimes it's not needed and the more people makes it a little bit worse. All right. And so I want you guys thinking about your safety.