

Pause and plan

10 seconds now prevents weeks off later.

SPOT IT: Pause when you find yourself rushing into a task.

These are signals that you may be rushing:

- 'Just get it done...'
- 'I have to hurry...'
- 'I'm going to be late...'

DO IT: Pause and plan for 10 seconds.

Stop the task and use LITE to quickly check:

- **Load:** what or who is being moved.
- **Individual:** how your body and wellbeing feel.
- **Task:** what you're actually about to do.
- **Environment:** space, surfaces, obstacles, hazards.

SAY IT: What you can say to others.

'I feel like I'm hurrying here. Let's take a moment to pause before we start.'



movewell

Pause and plan

Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: