



Continual Learning

Continual learning and improvement is critical for success in any area of our lives; whether that is as a parent, spouse, worker, leader, community member, etc. Having a growth mindset when it comes to work separates those who stay stagnant in their position at work and those who eventually land better opportunities for themselves. Continually learning and expanding your knowledge in regards to what you do at work will allow you to be a safer and more efficient worker. On the other hand, having a fixed mindset when it comes to work will not only hold an individual back from better opportunities, but it can also lead to injuries at work.

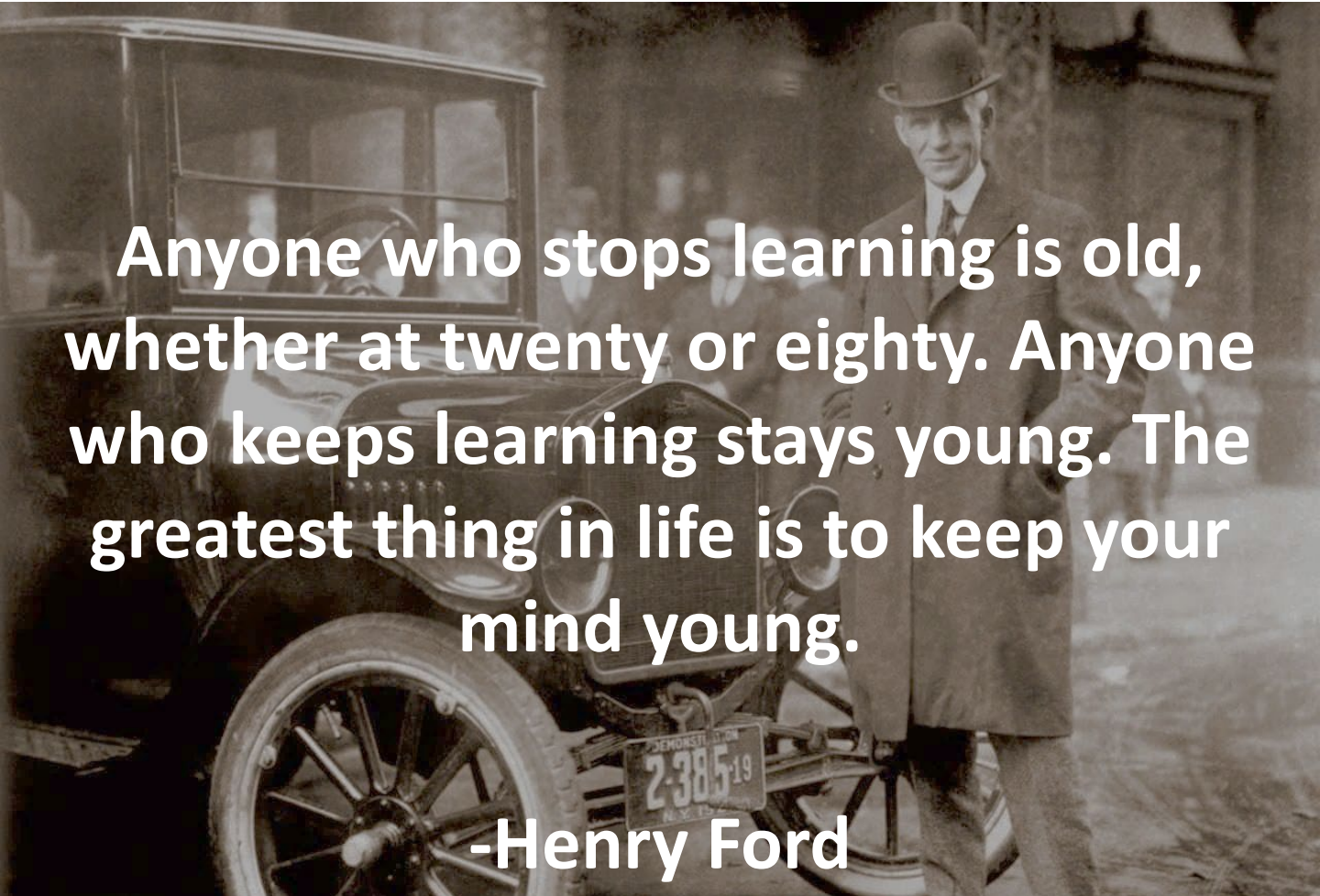
Having a fixed mind-set at work

Change is inevitable. Many workers have been in the same field for over 20 or even 30 years, but think how different the same workplace was even just a decade ago. Workers who want to hold on to the old days and fight change at every single turn will eventually get left behind. Not only will your career suffer from not embracing change, but you can also be more at risk of injury. With more emphasis on workplace safety, most companies have transitioned into using safer equipment and implementing safer work practices. When individuals do not embrace these changes they are not only putting themselves at risk for injury or illness but also everyone around them.

Continually learning & workplace safety

Never has this been more apparent than in our current unprecedented circumstances and the changes we all must make to combat COVID-19. Our workplaces are always evolving as construction sites in particular are dynamic. With ever improving technologies and new ways to complete work tasks, we are arguably progressing faster than ever. It is critical as employees that we are able to receive and adjust to this new information and use it to be successful in our respective positions. With any changes, even if it something that makes a work task safer, it is necessary to understand what impact that it has on your job. When processes, equipment, tools, etc. change for a work task it is necessary to be able to identify what new hazards may be created and what needs to be done to mitigate them. Being a worker who is able to foresee the issues that new changes bring and have solutions for those issues is critical to be successful as well as remain safe at work.

Embrace change as it comes into the workplace. Most change is made for the greater good of everyone involved. There are times when new changes can lead to unnecessary risk, but the majority of change does not unless workers do not take the proper actions to embrace it. Be a worker who is open to continually learning and avoid having a fixed mindset. Not only will this approach allow you to reach new opportunities, it can also make the difference in avoiding an injury at work.

A black and white photograph of Henry Ford standing next to an early Ford Model T car. He is wearing a suit and a bowler hat. The car has a license plate that reads "DEMONSTRATION 2-385-19 N.Y.C.". The text is overlaid on the image in a large, white, sans-serif font.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

-Henry Ford

This **knowledge can make the difference in maintaining your health & safety!**