

Confessions of a Traveling Zombie



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The Core of Four and the Confessions of a Traveling Zombie



- International Speaker & Author
- SafeStart Senior Consultant
- Marine Corps/Desert Storm Veteran
- ASSP Board of Directors
- Conference speaker: NSC, ASSE, VPPPA and the Department of Defense
- Author *“The Core of Four”*
- ASSP Safety Professional of the Year (2018)
- 2018 NSC Distinguished Service to Safety
- NSC’s Top 10 International Speakers



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What You Should Expect In This Session

Are we close to the zombie apocalypse?

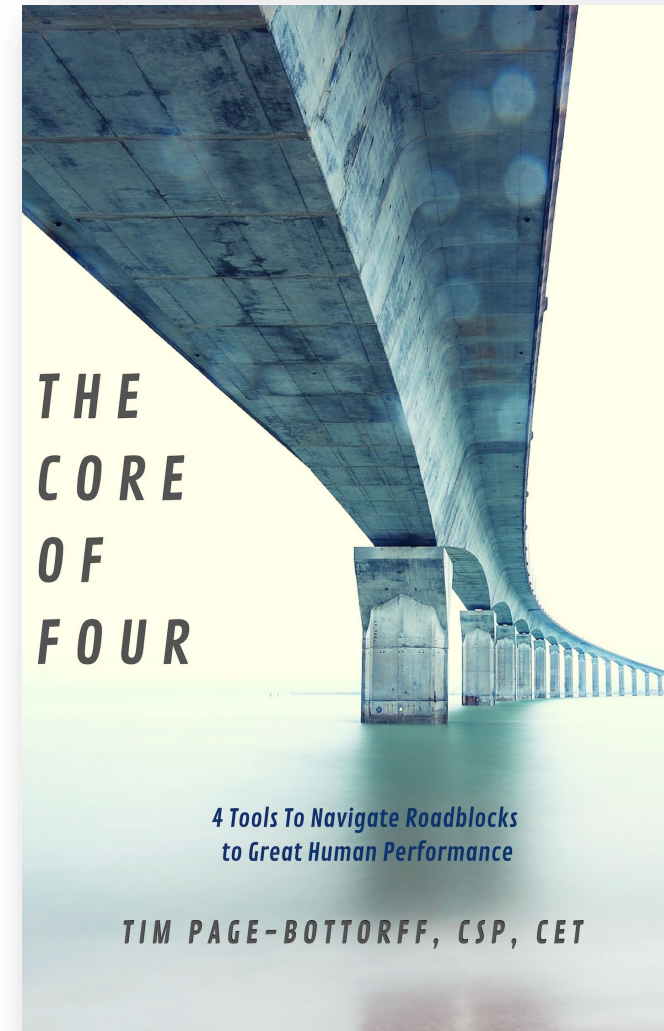
Defining a traveling zombie

My failures and zombie moves, hence confessions...

The Core of Four

No shaming, no blaming and no judgement

Confession #1 I am HUMAN



Confessional Fears



- Why do we hide error?
- There are many modes of fear.
- Be humble and share what you expect.
- Why embracing error provides organizational feedback and improved reliability
- Human factors management systems

We Hide When We are Embarrassed

- Are you prepared to share a time when you fell or tripped?
- What was your last mistake? Could you share if asked?
- Why do we feel embarrassed?
 - Red light
 - Extension Cord
 - Raised Carpet= Shame





Modes of Fear

- Fear of failure = Shame
- Fear of pain
- Fear of the unknown (Time based and mostly relates to people feeling they aren't sufficient or have enough education) -2020 Sars-Cov-2



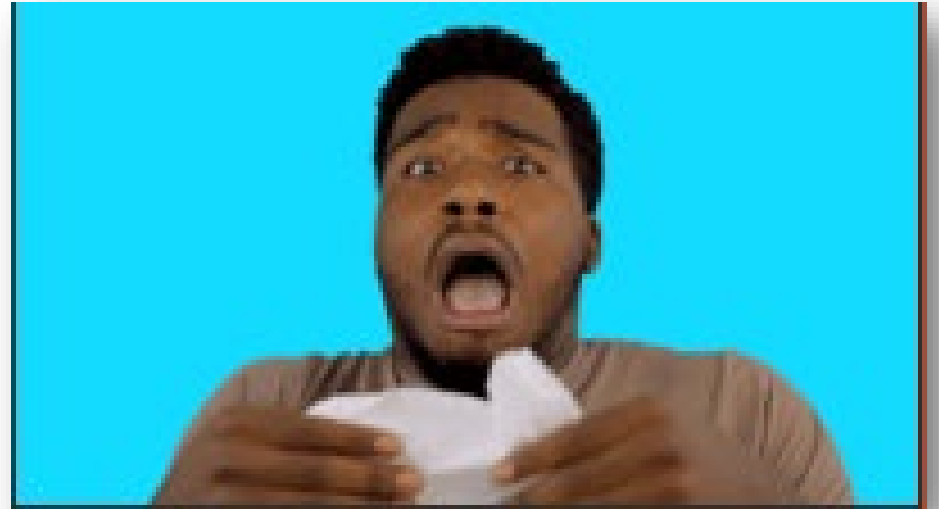
Although this was a major impact,
I am not going to talk about this today. But, would you agree
that this has generated much fear of the unknown?



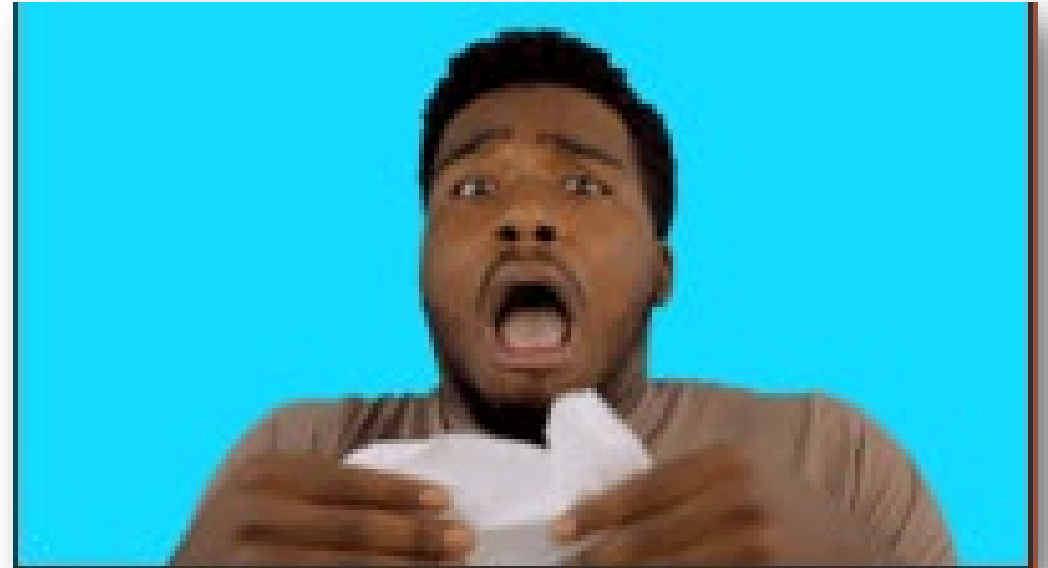












Individuals perception of risk varies.
We are not the judge of what people should perceive.
Do less to find flaws, do more to reinforce each other's strengths
Confession #2: I did this a lot. I'm not perfect, but I'm working on it.



How Close Are We?





What is a Traveling Zombie?

Safety+Health[®]

an **nsc** publication

Virtual National Safety Council Safety Congress & Expo

Global
nsc Safety
Congress & Expo
Virtual 2020NE





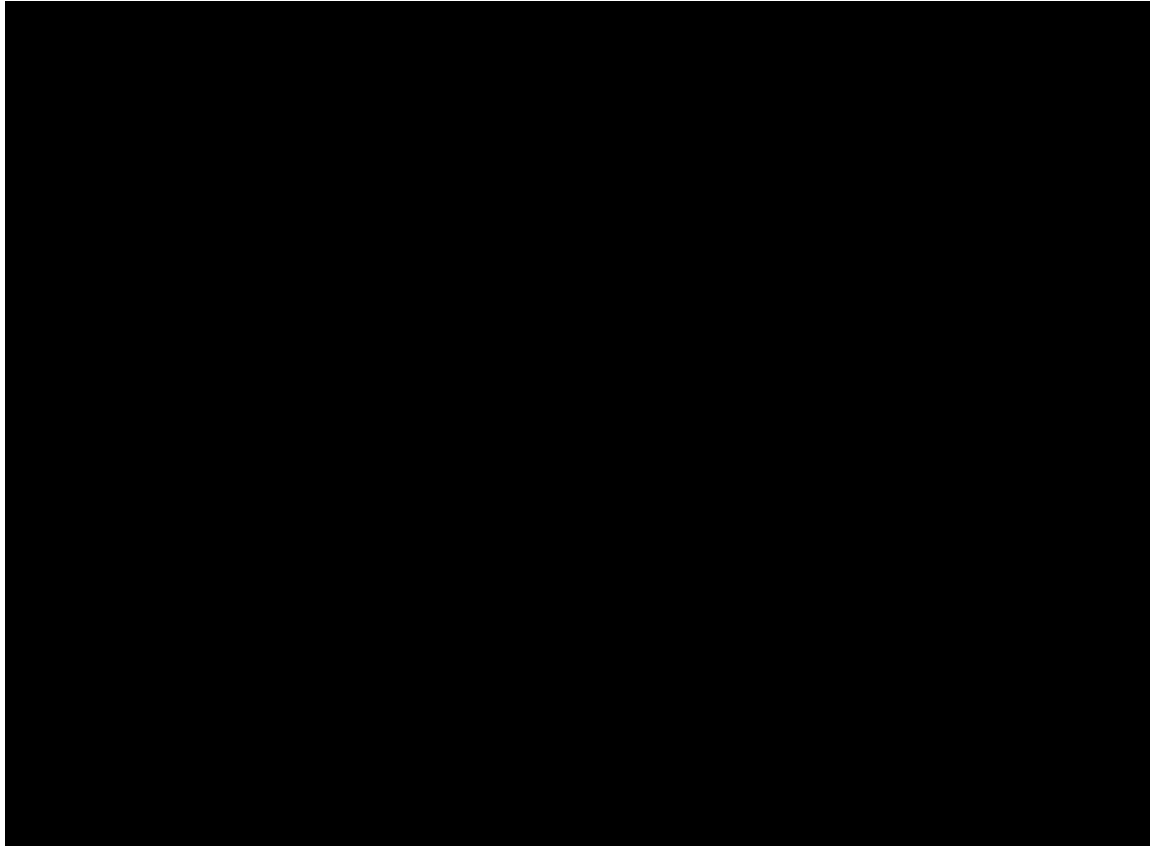
9.2



Beware of cell phone zombies

Failing Safely? Or Safety Differently?







Failing Safely?
Safety Differently?
New View?
Old View?
No View?

Confession #3
I have done this



**THE
CORE
OF
FOUR**

*4 Tools To Navigate Roadblocks
to Great Human Performance*

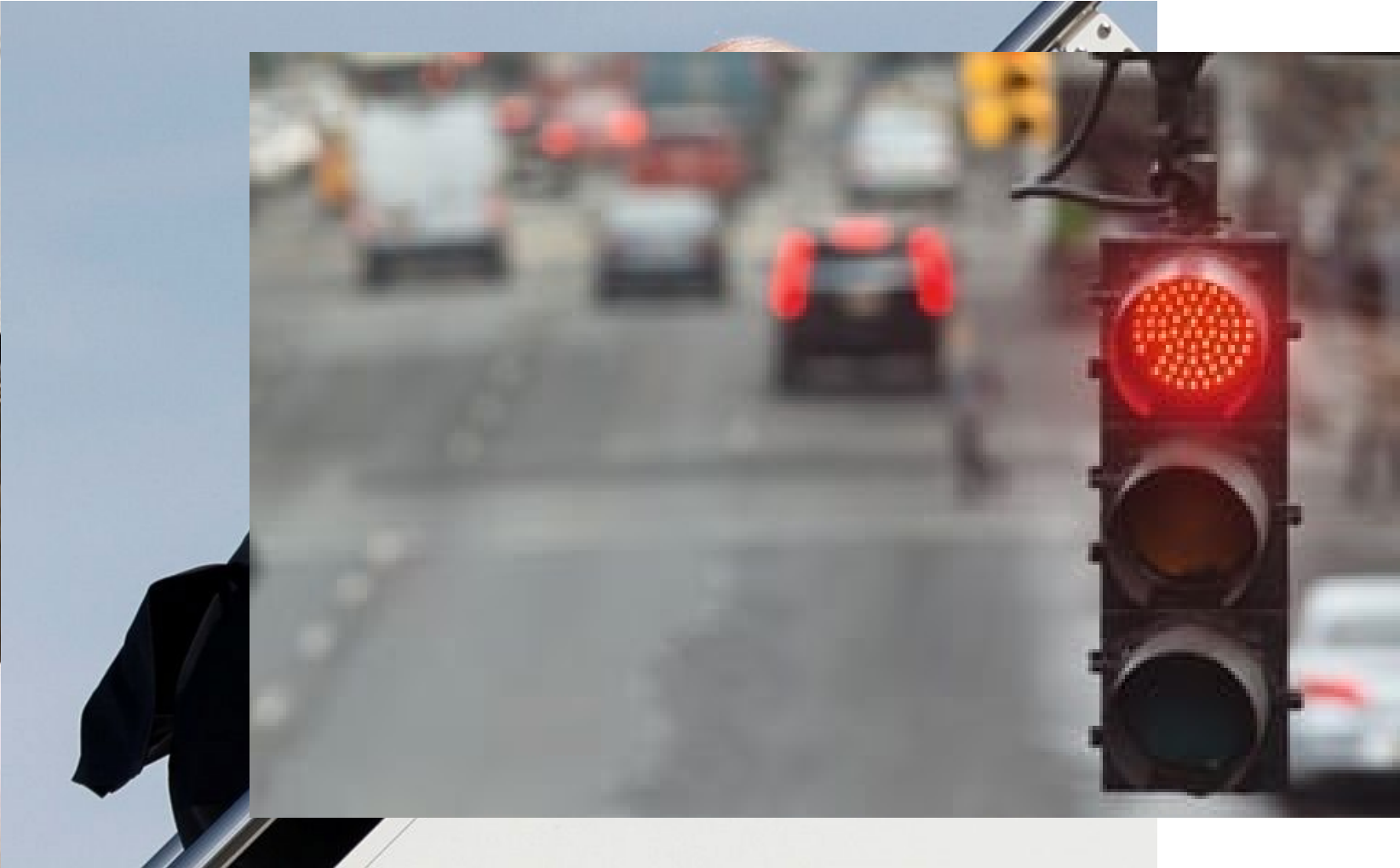
TIM PAGE-BOTTORFF, CSP, CET

ZOMBIE STORIES
FROM:
THE **CORE OF FOUR**
4 Tools to Navigate
Roadblocks to Great
Human Performance

We Have all Been In Zombie Mode



1. Banging your shin
2. Stubbing your toe
3. Dropping something on your foot
4. Falling down the stairs
5. Not seeing a stop sign or a red light
6. Falling asleep at the wheel (or almost)
7. Turning or bumping into something (standing up and banging head)
8. Hitting hand with hammer
9. Cutting yourself with a knife, scissors or razor
10. Burning hand, arm, wrist, etc.
11. Spraining ankle, knee, wrist or thumb
12. Straining back, neck, shoulder, etc.
13. Falling into or onto something hard or sharp



Confession #4 I have Done ALL OF THESE



Confession #5:

I blamed

I shamed

I played the victim

I was wrong

Total zombie move...Don't be a zombie.





I have several reasons to prevent being a zombie...

But the primary reason:



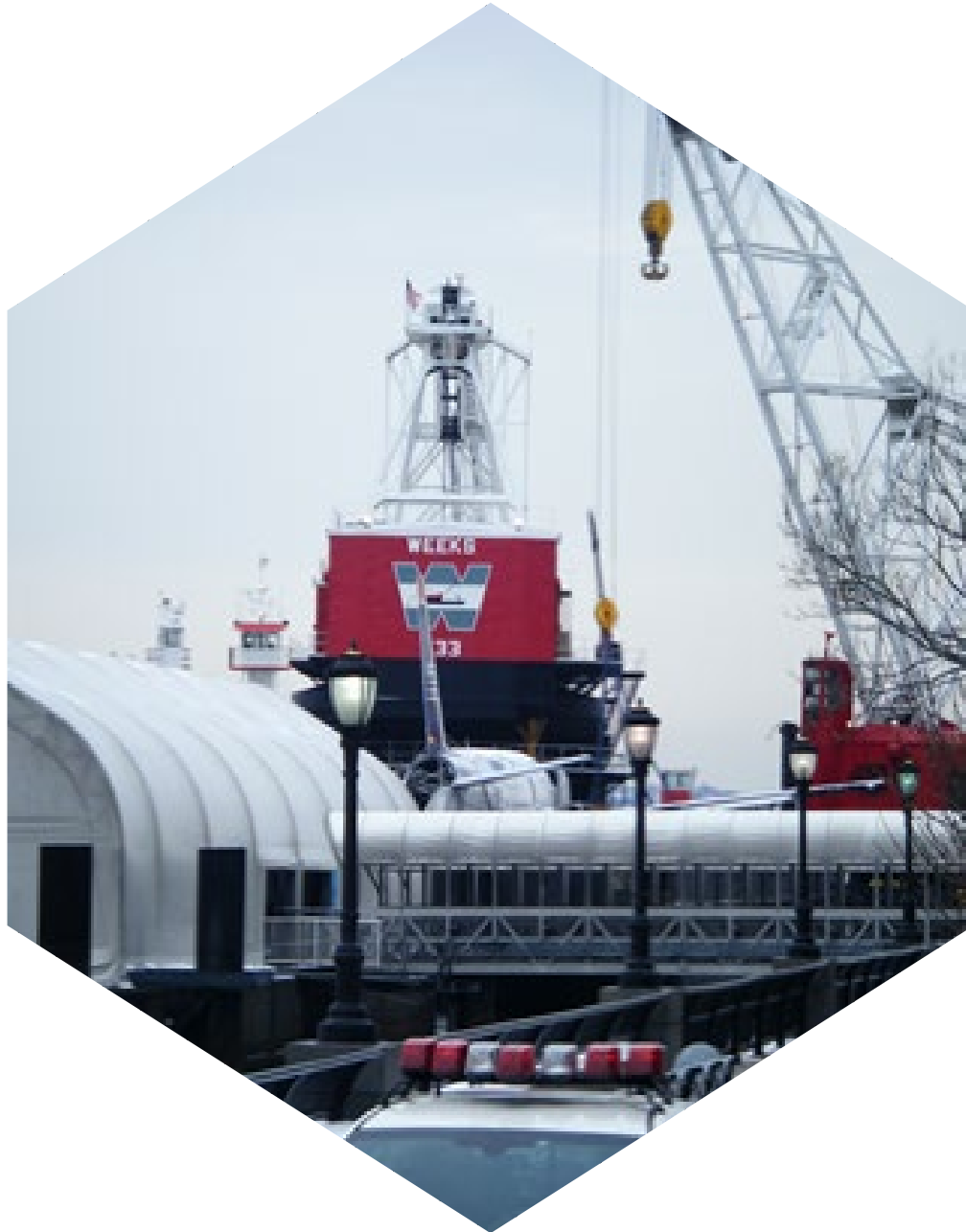
SHEILA

HOW DO YOU GET TO CARNEGIE HALL?



THROUGH BATTERY PARK.





WE JUST HAD
TO SEE THE
AIRBUS FOR
FLIGHT 1549

Sully Sullenberger:
Not a Zombie



WE STOPPED ON A BRIDGE ON THE WAY.



**PEOPLE ARE
THE REBAR AND
CEMENT OF A
STRONG
FOUNDATION.**





“THE CORE OF FOUR”



MOTIVATION



PRACTICING PERFECTLY



ACCOUNTABILITY



EXERCISE DISCIPLINE

THE HISTORY: HOW DID I
GET HERE?

SAFESTART HELPED



These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

*can cause or contribute to
these critical errors...*

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

*...which increase the
risk of injury.*

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#2-CARD-TECH
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Watch and Consider

Watch this video and identify any potential zombie moves.

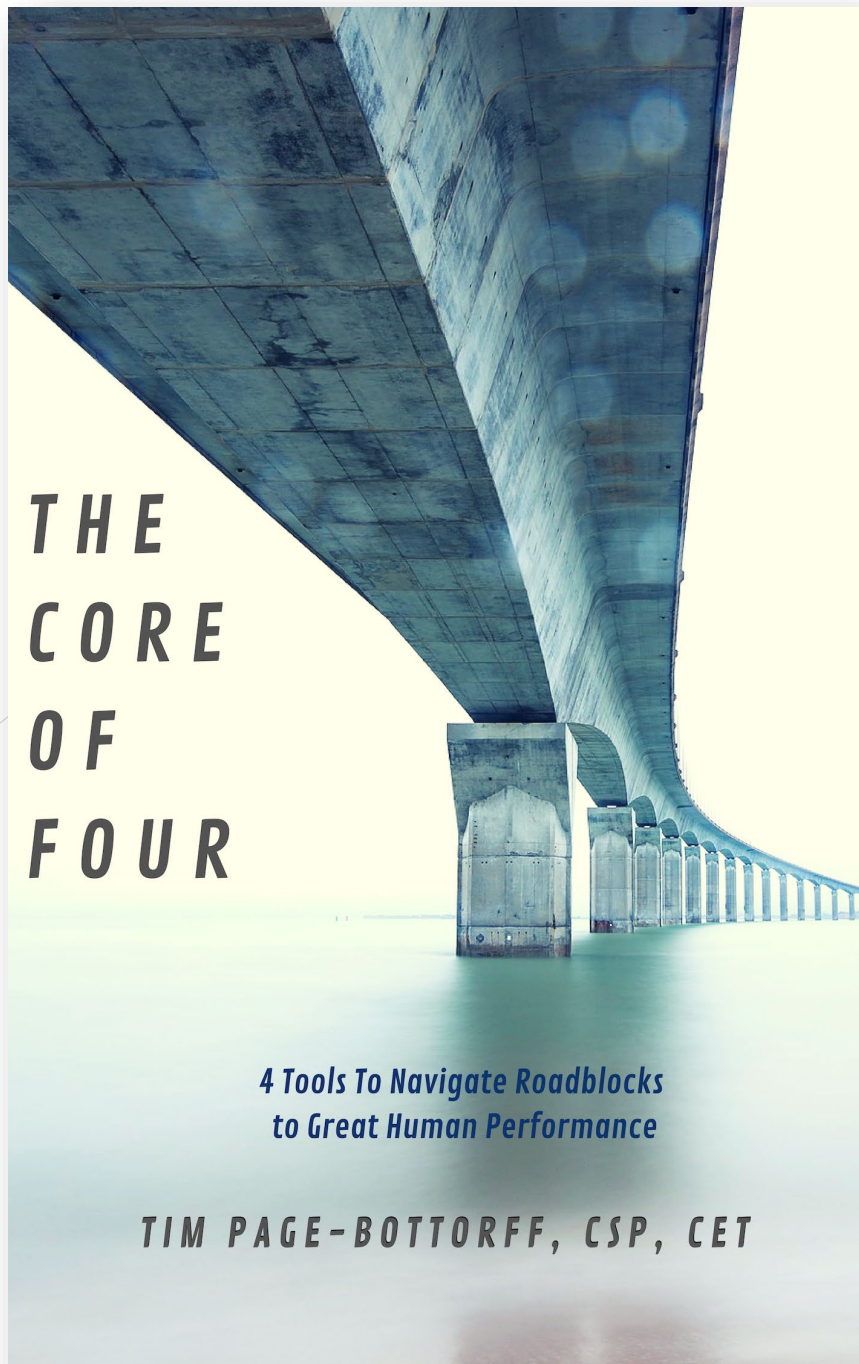


MOST OF OUR
UNINTENTIONAL
ERRORS
DON'T GET US
HURT.

THEY JUST
COST US
TIME & MONEY
OR EMBARRASS
US!



The Roadblocks To Human Performance





ROADBLOCK #1 THE EGO AND PRIDE

◆ EVERY MORNING ASK YOURSELF, “WHO AM I?”

- Identify what makes you proud
- Avoid the roadblocks from bad pride (Zombie Move)
- Your ego is a direct reflection of your behavior when you are driving a car alone
- Understand good vs bad pride
- Confession #6

ROADBLOCK #2

CONVENIENCE AND LAZINESS

◆ A LONG TERM ROAD BLOCK

- Look for the difficult answer
- Some decisions are tough, they weren't meant to be convenient
- We retract to ease, we need to navigate through perplexity
- We all want to be lazy and we justify it (Total Zombie Move)
- Confession #7



We retract to ease. We need to
navigate through our perplexities.



ENTITLEMENTITUS™

Have you ever felt like you deserved ANYTHING? Or see someone make up a victim narrative?

Probably one of the biggest challenges we face as a society today.

Its increasingly popular, people want something for nothing, and if they don't get it....victim

Total Zombie Move

Confession #8



ROADBLOCK #3 TEMPTATION

Without getting biblical

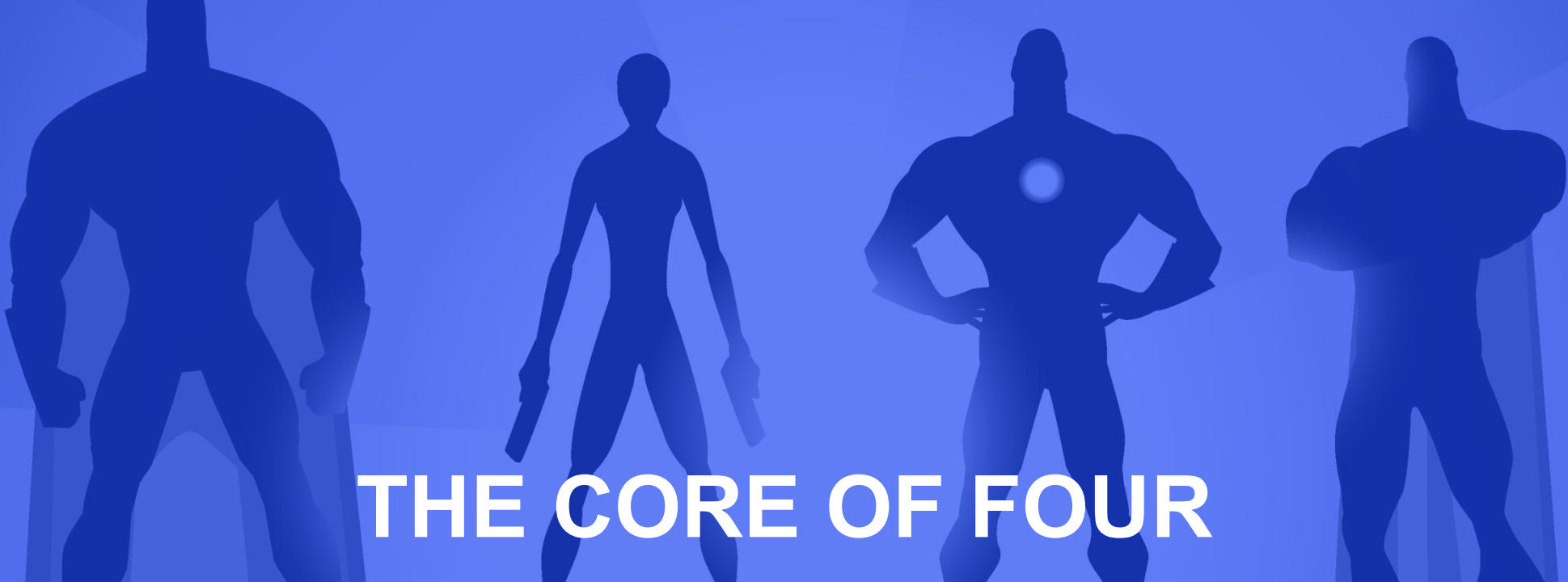
- List your temptations
- Eliminate the ones you are working on
- Evaluate the ones you aren't working on
- Find the nutritional value
- Confession #9

ROADBLOCK #4

POOR SELF PERCEPTION

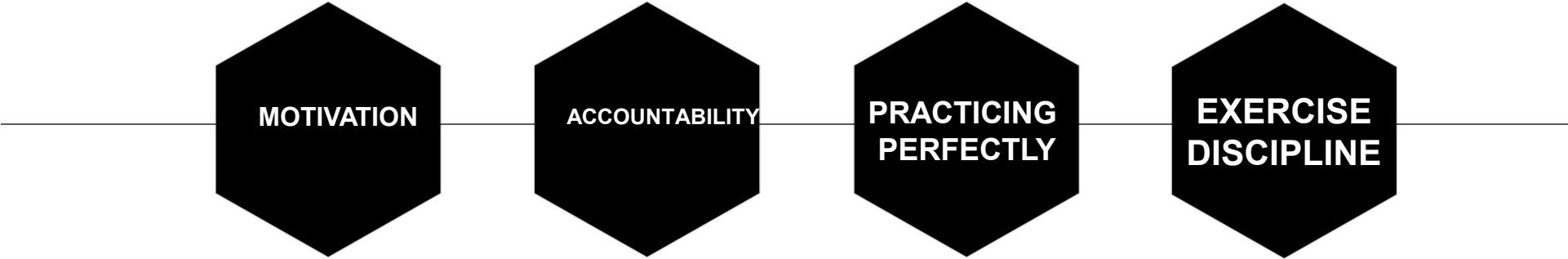
◆ A LONG TERM ROAD BLOCK

- You start to believe what people say about you.
- You are paranoid people are talking about you behind your back.
- Low self esteem.
- Nothing motivates you.
- Confession #10



THE CORE OF FOUR

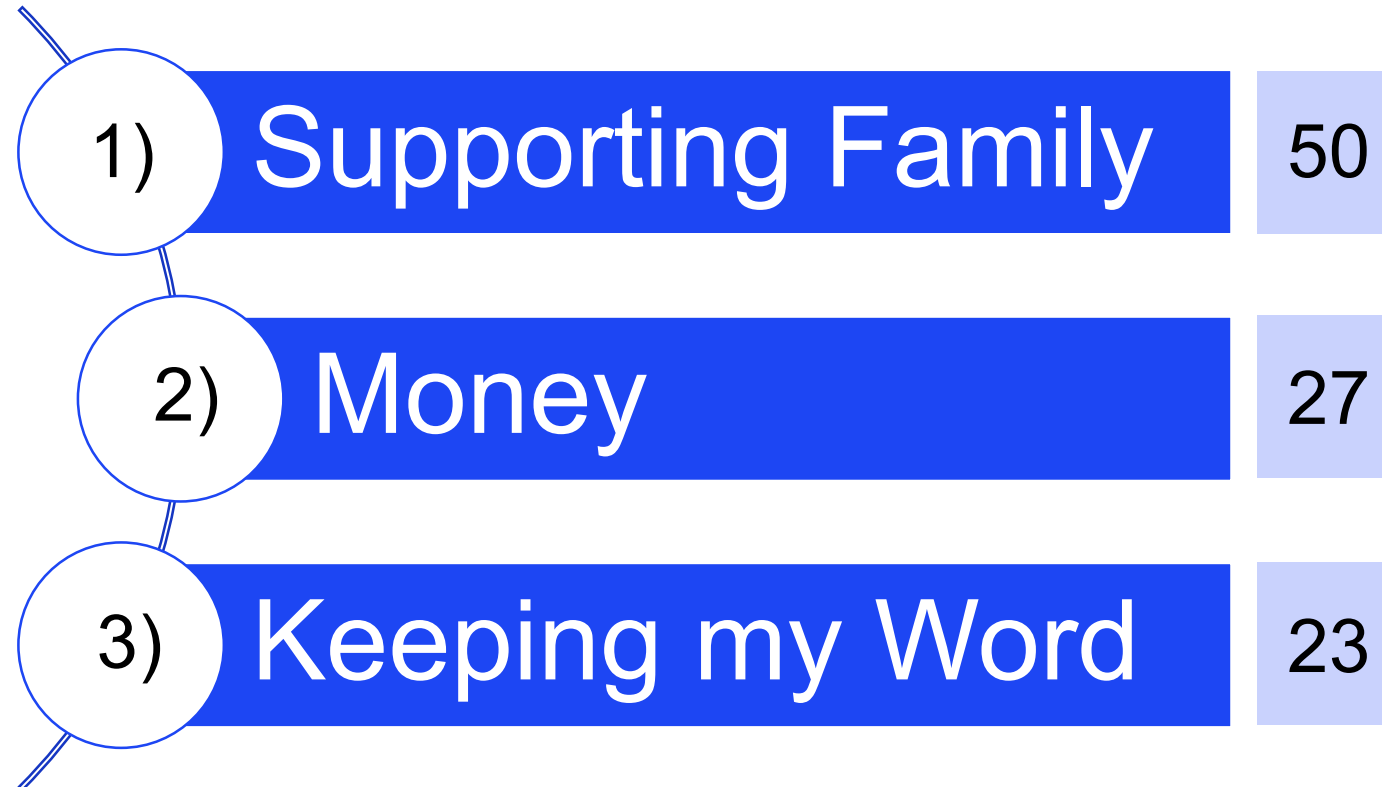
Ask yourself this question:
HAVE YOU MAPPED OUT YOUR DAY?



**IT'S TIME TO
PLAY!**

Q U I Z

What motivates you?



MOTIVATION



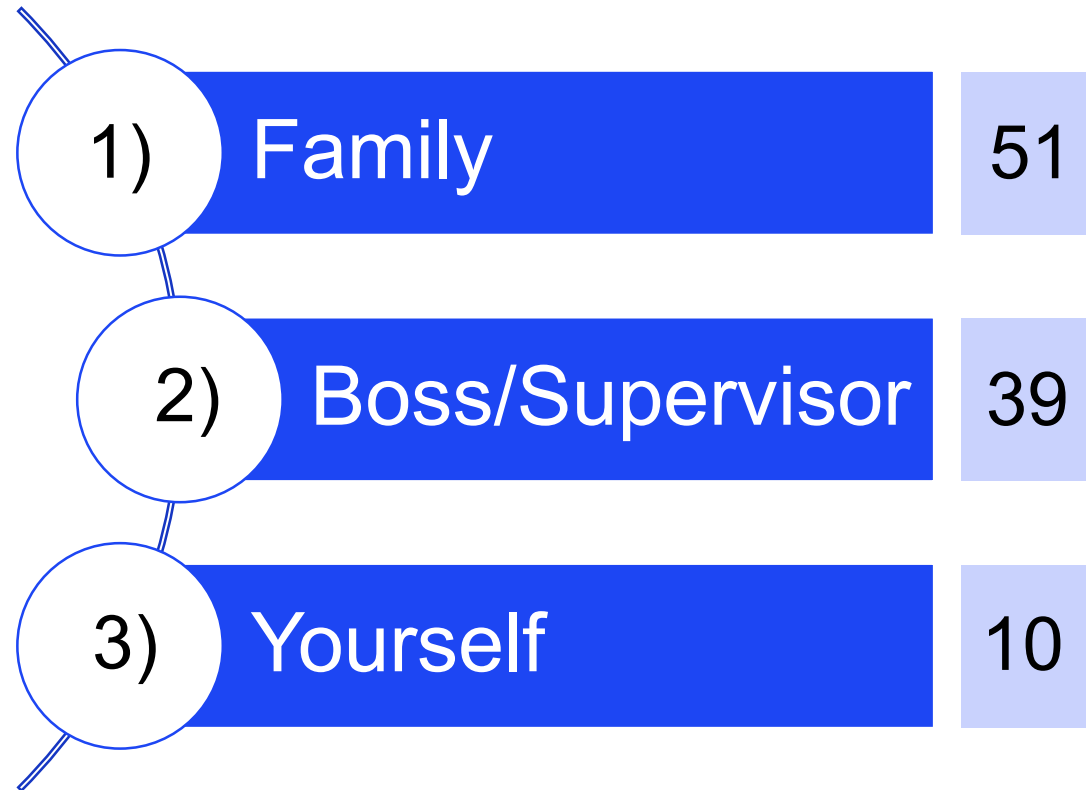
BESIDES THE ALARM, WHAT MOTIVATES YOU TO GET UP IN THE MORNING?

- Money
- Prestige
- Helping others
- Faith
- Supporting your family
 - Your habits
 - Your desires

**IT'S TIME TO
PLAY!**

Q U I Z

What/Who are people accountable to?



ACCOUNTABILITY



WHO ARE YOU
ACCOUNTABLE TO?

- Wife/Husband
- Children
- Parents
- Boss
- Company
- Faith
- Yourself

PERFECT PRACTICE

ARE YOU PRACTICING?

- Practice does not make perfect
- Perfect practice makes perfect
 - What are you practicing?
 - What to practice?
 - Remember to practice your safety related habits.
 - Don't be a zombie...



EXERCISE DISCIPLINE



ARE YOU DISCIPLINED?

- Discipline is an inside out characteristic
 - Difference between inside out and outside influence
 - Why be disciplined in the USMC?



THE CORE OF FOUR

MOTIVATION

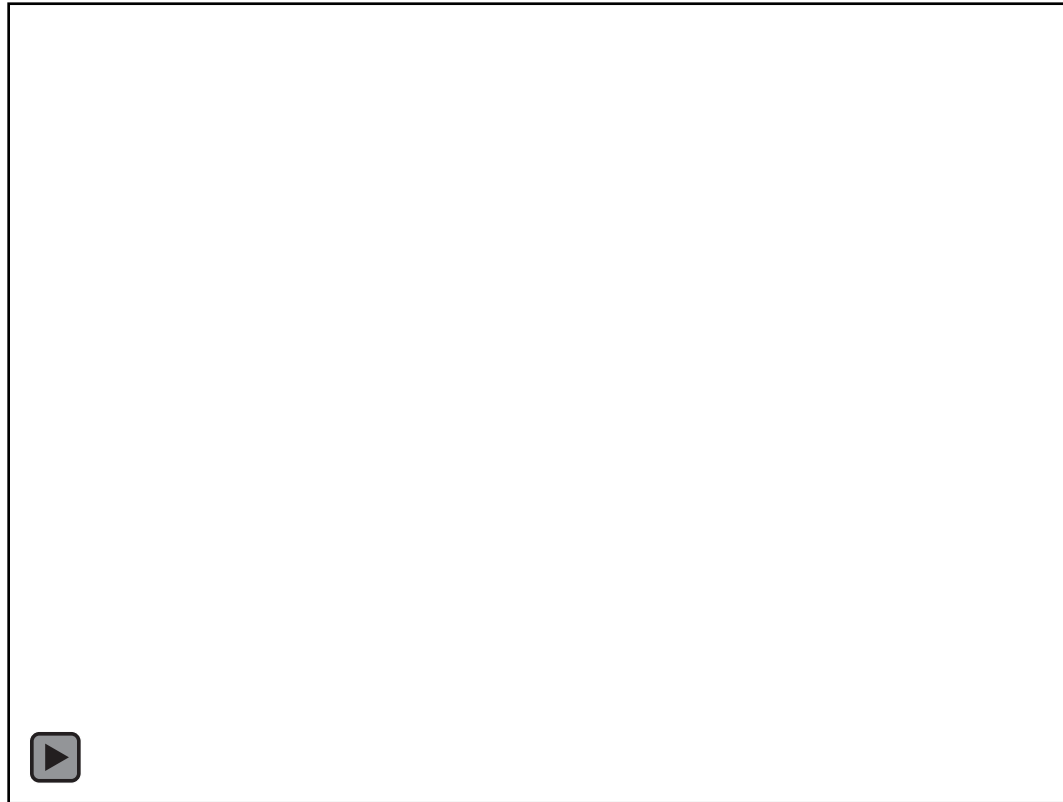
ACCOUNTABILITY

PERFECT
PRACTICE

EXERCISE
DISCIPLINE

Have you **M.A.P.P.E.D** out your day?

What Ever Happened To Mairi Duncan?



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