



A DAY WITH JAMES

FOLLOW-UP INTERACTIVE WORKSHOP CONTENT

Purpose

To provide a follow up workshop to build upon the initial 'Choices' presentation. This workshop takes the 'Choice' message to the next level and asks participants to think about how an accident would affect them personally.

Aim

The aim of the 'A Day with James' workshop is to encourage participants to put themselves into James situation, and seriously consider how they and their family members would cope mentally, emotionally, socially and financially.

Method

To present a one hour interactive discussion allowing participants to discuss and evaluate the effect of a variety of injuries common to their workplace. Also encourages them to admit to some common bad habits and shortcuts and the possible effects of these.

Outline

- **Introduction** - explains purpose of James revisiting site **Time 5 mins**
- **A Day with James** – a personal DVD of how James might spend his day **Time 15-20 mins**
- **Questions** - ask participants if they have any questions about James day **Time 5 mins**

- **Interactive discussion** - using supplied questionnaire (CNBSAFE) James asks participants to admit to bad habits/shortcuts.

Bad Habit/Shortcut	Possible Outcome
Not wearing gloves while handling material	Laceration/severed digits

James will incorporate examples of people he knows who maintained bad habits or took shortcuts, and discuss the various outcomes experienced. **Time 15 mins**

- **Share a story** - Opportunity for participants to share a story with the group. Discuss outcome of their story. **Time 5 mins**
- **Commitment time** - each participant is asked to commit to make a change. They are to write down what that change might be and why they are willing to make the change. This is for their own use, to encourage them to think about the things they do and the possible consequences. **Time 5 mins**

Closure

Close session showing series of pictures on a slideshow.

Time 5 mins

Follow Up

The worksheets completed by the participants will be collected by James at the end of the session. Over the following month these will be collated and the information and results will be sent back to site in PowerPoint format slide show and excel spreadsheet for delivery at toolbox talks, safety meetings & for use by management for future safety initiatives. (Sample of results can be provided, if required) **Time 1 month**

It is their choice!