

ADM Pocket Card — IMSAFE & Risk

IMSAFE Self-Check

- Illness • Medication • Stress • Alcohol • Fatigue • Emotion

Hazardous Attitudes

- Anti-authority — Follow the rules.
- Impulsivity — Not so fast; think.
- Invulnerability — It could happen to me.
- Macho — Taking chances is foolish.
- Resignation — I'm not helpless; I can make a difference.

Quick Risk Matrix

- Rate likelihood \times consequence; mitigate until 'green' or **no-go**.