

# **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 x consequence; mitigate until 'green' or **\*\*no-go\*\***.