

# POCKET INFORMATION

## NON TECHNICAL SKILLS



European Safety Training and Evaluation  
supporting European Mobility



Co-funded by the  
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## Non technical skills

*Social and personal cognitive skills that, together with technical skills help to work safely*



## Situational awareness

**Hazard "always" exists**

It is essential to pay attention to the elements of the environment that can expose us to dangerous situations. The perception of individual risk depends on the ability to observe the environment to identify possible sources of risk



NON TECHNICAL SKILLS

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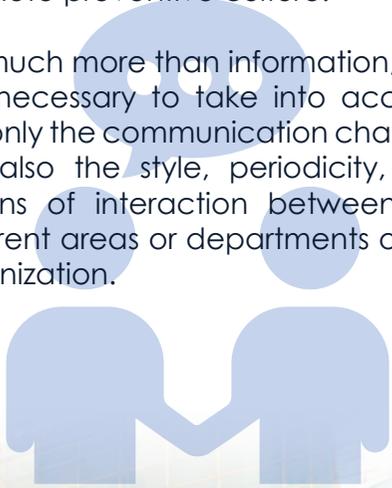
2

# Communication

| *Clear instructions are essential*

Powerful tool to create, generate and promote preventive culture.

It is much more than information, and it is necessary to take into account not only the communication channels but also the style, periodicity, and means of interaction between the different areas or departments of the organization.



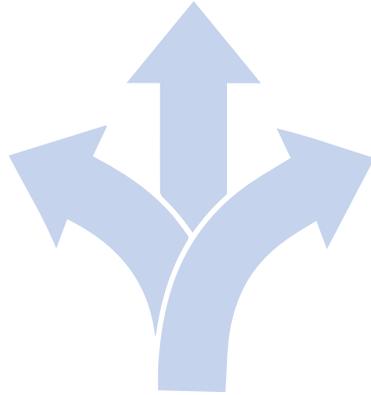
NON TECHNICAL SKILLS

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# Decision making

| *Coordinated and ordered*

Responsibility for the consequences of our decisions



NON TECHNICAL SKILLS

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# Fatigue and stress

*Process that allows the worker to face difficult situations in the workplace, avoiding risky situations (for example in case of fatigue)*

Emotional signs of work stress

- Anxiety
- Apathy
- Depression
- Fatigue
- Lonely feeling
- Irritability
- Increase in work accidents
- Alcohol and drug use



NON TECHNICAL SKILLS

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## Work Team

*Ability to work with others promoting their own safety and that of others*

### **Common Goal!**

It implies commitment, rather than strategy and procedure, to achieve common goals. You need leadership, harmony, responsibility, etc ...

