

# THAT GUT FEELING

How many of you have had that feeling in your gut that something just isn't right? It turns out, the gut-brain connection makes it possible for sub-conscious emotional recognition to register as gastrointestinal distress. When your brain is aware of something that is out of place you will usually feel anxious, fearful, or certain that something's wrong- you might experience stomach twinges, pain, or even nausea. That's where the expression "gut feeling" comes from.

Your brain carries out these processes automatically to help prepare you for any situation that might come up.

Since these processes run in the "background," you may not always realize what you're observing or what it means.

What if you suddenly feel a strong urge that something is wrong with an energy isolation task or the feeling that the anchors for an overhead object won't hold. There's no obvious reason behind your impulse, but you can't ignore it.

A few seconds later a dangerous event occurs, right where you would have been standing had you not had that gut feeling. You stare in disbelief, heart pounding. How did you know something was about to happen?

These are the feelings we would like you to become more in tune with. If you see something wrong, you own the outcome of not stopping the job and correcting the issue. If you feel something is wrong, you should call a brief pause and tell the other workers involved in the work that you have a gut feeling that something is not right. If you are working alone, stand back and assess the situation.

Our stop work authority is the last line of defense between hazards and failures. If you stop work for an obvious problem or a perceived threat, please take a minute to share your experience using the Good Catch program.

Good Catch Toolbox Talk: <https://iws.support/toolbox-talks>

Time and practice can hone your intuition, so give your gut feelings the consideration they deserve. Tuning in to your emotions and bodily cues can help you practice listening to your gut and learning when to trust it.