

STAR

STOP. THINK. ACT. REVIEW.



HIGH RELIABILITY UNIVERSAL SKILLS

STOP

Pause for at least 1 second to focus our attention at the task at hand



STOP is the most important step. It gives your brain a chance to catch up with what your hands are getting ready to do.

THINK

Understand what needs to be done
Plan your action
Decide what to do if the unexpected occurs

ACT

Concentrate and carry out the planned task

REVIEW

Check to make sure that the task was done correctly and that you got the correct result

When should we do this?

Any condition that would increase experiencing an unintended error while performing a familiar, routine task: time pressure, doing multiple things at once, interruptions, distracted or stressed.