

# CASE STUDY

## HEAVY CIVIL SITEWORK INFRASTRUCTURE COMPANY IMPROVES FOREMEN'S HEALTH AND SAFETY HABITS

**//** *I have made some positive changes, not only in my work but my personal life as well."*

Our client's goal was to provide their foremen with tools to change their behavior and to let them know the company cared about their well-being on the job site and at home.

This training initiative straddled both health and safety behaviors, so that the foremen could have the flexibility to target the behavior they felt would make the biggest impact on their health and safety. Some attendees targeted personal well-being behaviors like getting to bed before 11, exercise, or stress management. Others chose safety specific habits like wearing seatbelts, completing daily tailgate meetings, housekeeping, or wearing safety glasses.

After the training, attendees received daily text messages during the 60 Day Habit Challenge while they practiced their desired behavior until it became a habit. By the end of the 60 days, the foremen had increased the frequency of their targeted behavior by 125% and their confidence to create other health or safety habits by 41%.



### KEY STATISTICS

53 Attended Training  
96% Would Recommend  
79% Challenge Participation  
125% Increase In Behavior

### ABOUT US

To learn how we can work with you to co-create and implement a customized training program that results in the rapid adoption of key behaviors, contact our CEO, Sharon Lipinski, directly at 970-581-7681 or [sharon@habitmasteryconsulting.com](mailto:sharon@habitmasteryconsulting.com)

**//** *The feed back and encouragement are what makes this work. It's hard break bad habits and develops good habits no matter how committed you are."*