

Behavior-Based Safety: Activators, Behaviors, & Consequences

Handout

When it comes to behavior-based safety (or behavior, in general), there are three major components you need to be aware of. These are activators, behaviors, and consequences.

Activators

Activators are things (people, places, events) that happen before a behavior is performed. They point you toward a behavior. For example, a speed limit sign is an activator. It “conditions” you to put your foot on the brake (which is a behavior).

Behaviors

These are observable and measurable activities, such as talking, walking, typing, hammering, jumping, driving, etc.

Consequences

These come after the behavior and influence whether or not you will perform the behavior again, avoid the behavior, change it, etc.

Consequences motivate the behavior!

Consequences are generally what make us behave in a certain manner ... they increase or decrease the likelihood of future behavior. For example, a speeding ticket is a consequence of driving too fast; in the future, you may drive more slowly (a behavior modification). In other words, are you more likely to not speed because you see a speed limit sign or because you just got a speeding ticket? It is the consequence (speeding ticket) that is the stronger influence.

