



# **STOP Cutting Corners!**

“Cutting Corners” is defined as removing part of a process while attempting to achieve the original result. Usually it is done to save time, effort or money, but often it results in an unsafe practice.

November 22, 2008 seemed like another Saturday of renovating where I spent far too much time with far too little progress completely unaware my life was about to take a dramatic turn. It was the end of a long day when an effort to save time resulted in the unsafe use of a tool and placed me on the receiving end of a table saw kickback. The results were devastating! My right hand was crushed; my pointer and ring fingers were amputated and my middle finger and thumb were barely hanging on. Thankfully, a surgical team was able to reattach my thumb and middle finger and through hope, perseverance, rehabilitation and healing I have regained much of the functionality of a hand I once took for granted. My missing fingers serve as a constant reminder of the potential impact of cutting corners.

STOP Cutting Corners is a presentation developed with authenticity and vulnerability that is deepened by providing some of my history and the events leading up to my injury. The presentation highlights the impact seemingly benign actions may have on your job, on your well-being and on your family. I uncover the range of emotions that needs to be worked through when dealing with a serious injury including: Anger, Pain, Victimization and Loss. I don't stop there; I also equip the audience with the tools I used to overcome these negative feelings including: Forgiveness, Perspective, Perseverance, Hope, Acceptance and Adaptation.

There are four critical behaviors responsible for preventable injuries and when they are not recognized it results in a whole pile of “HURT”. Self evaluation becomes a strong tool which enables the audience to examine where they have cut corners and how they can avoid doing so in the future. This presentation is much more than a list of do's and don'ts, it has become a guide to overcome adversity and drives home the realization that injuries can happen to anyone when we get complacent and decide to cut corners.

Typically my presentation is an hour long and includes a number of PowerPoint slides and requires a projector capable of attaching to a laptop. As a former teacher, I'm comfortable presenting to large groups. I also adapt my presentation, as required, to fit in a smaller setting and to address the distinct needs of the audience. For more information regarding availability and pricing details contact me at [duane@stopcuttingcorners.ca](mailto:duane@stopcuttingcorners.ca). Contact me today to help you promote a culture of safety within your organization.

I look forward to the opportunity of working with you and your organization in an on-going effort to raise safety awareness and prevent “HURT” by encouraging people to STOP Cutting Corners!

## A Brief History

Growing up in rural Saskatchewan, Canada I worked on the family farm, but also for my Dad's construction company specializing in excavation and concrete. After High School I went to SIAST and earned a diploma in Civil Technology. This led to working on Road Construction and Municipal Engineering projects with Engineering firms in Regina, Saskatchewan and Whitby, Ontario.

With a yearning to do more public speaking I decided to pursue a degree in Education at the University of Regina and became an Industrial Arts and Computer Science Teacher in Balcarres SK. After 5 and a half years teaching I changed careers again, moved to Regina and have been in the Information Technology Industry ever since.



While renovating our house in November of 2008 I exercised poor judgement in placing a premium on "time" rather than "safety" which resulted in the amputation of three fingers and my thumb on my right hand. After enduring this very painful experience I found that telling others about my injury was also a source of healing for me. Now I am using my presentation as a way to positively impact people in industry and at home with injury prevention. I'm proud to be a Safety Speaker in Saskatchewan and an endorsing partner of Safe Saskatchewan and the Mission Zero initiative.



## Testimonials

"You remained positive and developed a very important perspective on what it means in the face of other people's life threatening ordeals. Because there are no 'do overs', it is always how we move ahead rather than staying full of regrets that is important." – R. Munholland

"Not only did you do a phenomenal job in speaking, it makes me think about safety and how it could impact not only me but my family if something should happen." – B. Anderson

"Your presentation was something all SaskPower needs to hear." – W. McEwen

"This is not your typical safety presentation. Duane draws his audience in with his humour, personal experiences and his courage to be open. I found myself laughing often and ended up with a message I felt compelled to embrace." – J. Williams

## Other Presentations

Unleashing the Power of Regret – Transforming Failure into Opportunity

Injury Aftermath – Navigating the Emotional Trauma of an Injury