

# The Practice and It's Effects of “The Safety Training Program for ‘IKIIKI(Vivid)’ Five Senses”

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We suggested and began to develop an entirely new safety program “The Safety Training Program for ‘IKIIKI’ (Vivid) Five Senses” . The purpose of this program is to enhance worker’s consciousness for safety, especially in working places. The word ‘IKIIKI’ of the program title is Japanese words. It means ‘vivid’ in English.

## 1 Background

Although the frequency rate of industrial accidents in Japan is to be definitely lower than before, there are some problems which still remain unchanged : the distance between aged workers and young workers, errors caused from misunderstandings which usually lead to industrial accidents,etc. To find the appropriate method which not only prevent some misjudgement or carelessness, but also enhance and keep consciousness for safety is the most important subject in Japanese working place. Up to the present, several methods had been introduced in Japan. For example, “KY (Kiken Yochi: risk predicting) activity” and radio exercise before beginning work, “Shisa-Koshou(Point-out and Call)” in working hours. But even those methods still have some possibilities of becoming trite as those are repeated for a long time. Under such circumstances, we decided to develop new method in order to keep the attitude of workers safe in working hours.

## 2 What is “The Safety Training Program for ‘IKIIKI’ (Vivid) Five Senses” ?

Five senses mean sense organs which consist of sense of perception, sense of hearing, sense of touch, sense of taste and sense of smell. Man tends to be overconfident of his working ability and physical strength. But nearly whole workers hardly know their physical tendencies or habits while at work. For example, they usually don’t know their dominant eye(Table 1: “ check the dominant eye” ,Monday, the first week of personal program), and also

don't know from which direction is weak for them in hearing (Table 1: "guess the sound source", Thursday, the second week of personal program) and which direction they tend to step out (Table 1: "shoot and step-out", Tuesday, the second week of group program). These are very disadvantageous in judging hazardous situation, and easily lead to industrial accidents. They usually work seeing their objects and working place, managing their hands, checking if there is any unnatural factors through hearing, smelling, also touching. It is, therefore, very important for workers to know physical knowledge, especially about five senses in order to keep working place safe. This program can teach their physical tendencies including five senses, and can make them keep conscious for safety more than before. Through this program, workers in working places learn the traits and their own capacity about each sense. And they are naturally able to be conscious of safety in every working days repeating this program.

### 3 Characteristics

There are three characteristics. At first, it consist of only joyful games. They can understand their own capability of each sense and train themselves through enjoying games. Secondly, the program is proceeded putting workers as the center of games so that whole workers, regardless of age or school career, can attend all games and make training effective. Thirdly, we took "the system participated by all the members". It means that supervisors and managers also join each games. Through this system, we expect that they can instruct workers to take safe attitude in usual working hours. And we also expect that the atmosphere of each working group itself and the relationship between working groups become harmonious through games and it leads to advantageous for safety, taking this program.

### 4 Contents

The program forms 2 styles: for personal and for groups. And this program finishes 2 weeks each. The detailed contents of the program showed in Table.

### 5 Effects

Before the actual enforcement, we performed this program 8 times in two building sites. The impression of workers and managers was more splendid than our expectation. They better received this program. Especially, managers were satisfied. They told us that such harmonious atmosphere between working groups was never seen before. As for workers, some aged workers were surprised and shocked for they failed games, e.g. "catch the

bar" (Table 1, Friday, the first week of group program: a person drop the bar vertically down the other's hand, then the other person usually cannot catch the bar quickly because of no suggestion for drop. Some persons may fail to catch). As a result, those aged workers became serious to take account of the depressed levels as for their agility in working place. Anyway, on the whole, all the members in each building site enjoyed games and took their new knowledge for physical limits based on safety into their minds effectively.

This program has been in force from March, 1996 in building sites of K company ( one of the largest Japanese construction corporation ) and has been drawing big attention from allied industries in Japan. We will be able to introduce the actual efficiency of this program before long.

**Table 1. The Contents of "The Safety Training Program for 'IKI IKI' (Vivid) Five Senses"**

the day of the week	for personal		for group		
	items	theme from "five senses"	items	theme from "five senses"	the number of persons
	the first week		the first week		
mon	"check the dominant eye"	perception	"observe othr person"	perception	2pers.
tue	"guess the answer (from oral questions)"	hearing	"echo(repeat the sentence)"	hearing	2pers.
wed	"dance(step) on the bamboos"	touch	"guess the shape and the number of hole(from touch)"	touch	2pers.
thu	"scarecrow(close eyes and stand on one leg.)"	balance	"throw balls into the box"	control the sense	4-5pers.
fri	"guess the answer (from smelling)"	smell	**"catch the bar"	agility	2pers.
sat	"Jacobson"	relaxation	"tap shoulders each other"	touch	2pers.
	the second week		the second week		
mon	"move eyes (prevent from asthenopia)"	perception	"toss and slap"	motor function (kinesthesis)	2pers.
tue	"train to image"	imaging	**"shoot and step-out"	step out behavior	4pers.
wed	"squat and brethe"	respiration	"guess who from touch"	touch	4pers.
thu	**"guess the sound source (sound localization)"	hearing	"approach and stop-call (personal space)"	perception	2-3pers.
fri	"chew gums(for relax)"	taste	"convey the sentence to the next"	memory	7-10pers.
sat	"stretch shoulders"	stretching	"touch and call"	touch	4-7pers.

### Reference:

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