

BIORHYTHMS FOR ACCIDENT PREVENTION

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Abstract

Safety awareness is created through training, repetition and constant correction. Motivation for safe behavior is essential. Other methods to reduce human errors rely on educational programmes, safety slogans, posters, verbal communications, safety competitions and awards. Conventional methods assume constant level of human performance and don't take into account the fact that, human performance is variable and often not a function of working conditions. If emphasis can be placed on Safety during low periods of human performance, most of the accidents will be prevented. The Science of "Biorhythms" is the science of predicting human performance by means of understanding biological rhythms. By utilizing this science, it is estimated that as many as two million accidents might potentially be prevented each year. The biorhythm theory states that, at the moment of birth, three cycles are initiated and recur consistently throughout a person's life. The three cycles have independent durations and influence the physical, emotional and intellectual states of individual. Specific points in the cycle correspond to highs and lows in human performance. The paper presents a critical review of research work in the area of application of biorhythm for accident prevention, proving on the basis of exhaustive road accident data analysis, the hypothesis that accidents occur on critical days and reestablishing the new biorhythm cycle times.

Keywords : Accident, Biorhythm, Cycle time, Critical Day.