

# How committed to HESS are you?

Commitment means doing the right thing because we want to, not because we have to. Take this simple self-analysis test and check your score to see how committed you are to reaching our HESS goal – Compliance through Commitment.

1. Read through the questions, answering them as honestly as possible.

**Remember, this activity is not scientifically verified and is designed simply for you to reflect on your own commitment.**

2. When you've answered all the questions, click next to see your score.

Next

Always  
Often  
Occasionally  
Never

1. Do you wash your hands to prevent the spread of illness?  
.....
2. When you see a person behaving unsafely, do you approach them to intervene?  
.....
3. Do you keep up to date with where our emergency evacuation point is?  
.....
4. When making decisions, do you think about the HESS implications for Guests, crew or colleagues shoreside?  
.....
5. When you see a colleague looking upset/stressed, do you ask them if they are OK and if they need support?  
.....
6. When disposing of waste, do you use the appropriate bins?  
.....
7. If you are involved in a near miss event (however minor eg. no harm done to people or property), do you report it?  
.....
8. If you are unsure about a decision that affects HESS, do you ask for guidance from your line manager?  
.....
9. Whilst driving, do you stop your car to text?  
.....
10. Do you speak up if you see someone without a Laminex or Mifare pass?  
.....

# Your total score is:

## 0-10

Your score suggests that you generally do not focus on HESS in the way you think and act at work, or in the decisions you make. Come to the launch of the Golden Rules next week to find out how you can put HESS at the heart of what you do and become a hero of 'safe and well'.

## 11-29

Your score suggests that you sometimes take HESS into account in the way you think and act, and the decisions you make, but it's not always a priority for you. Come to the launch of the Golden Rules next week to find out how you can put HESS at the heart of everything you do and become a hero of 'safe and well'.

## 30-40

Your score suggests that you are very focused on HESS, putting it at the heart of the way you think and act, and the decisions you make. Come to the launch of the Golden Rules next week to see what more you can do as a hero of 'safe and well'.