

JUST A SECOND AGO: *The Brad Livingston Story*

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation. Featured are:

INTRODUCTION: A brief description of the program and the subject that it addresses.

PROGRAM OUTLINE: Summarizes the program content. If the program outline is discussed before the video is presented, the entire program will be more meaningful and successful.

PREPARING FOR AND CONDUCTING THE PRESENTATION: These sections will help you set up the training environment, help you relate the program to site-specific incidents, and provide program objectives for focusing your presentation.

DISCUSSION QUESTIONS: Questions may be copied and given to participants to stimulate discussion about the program, its safety lessons and universal theme.

INTRODUCTION

"Just a second ago I was walking and happy, healthy and normal. Now I'm laying here fighting for my life." This is how Brad Livingston describes his reaction to being involved in back-to-back explosions at work. When he decided to violate procedures, participate in a shortcut and condone the unsafe actions of a co-worker, his world was literally blown apart in a matter of seconds. As Brad was engulfed in flames, he fully expected to die, but thoughts of his three young daughters inspired him to fight for his life. In this motivational presentation, Brad humbly points out how his choices and decisions that day contributed to the death of a co-worker, life-changing injuries to himself and unimaginable grief and trauma to his wife Bobbi and their three young daughters. To prevent others from making the same mistakes he did, Brad motivates his audience to maintain a proper safety perspective and helps them truly understand why they must work safely every day.

PROGRAM OUTLINE

HIGH SCHOOL

- "I want to start today by telling you a couple of important things that happened to me in high school," Brad says. He began running cross country and met a girl named Bobbi.
- They decided to get married as soon as they got out of high school and moved away from their hometown of Elkhart, Kansas.
- Brad joined the Air Force and played every sport he could while in the military: racquetball, tennis, volleyball, basketball, softball, etc. "Whatever it was, if it was a sport, I would play it. And I ran, every opportunity I had. I loved to run," says Brad.

BRAD GOES TO WORK AT THE NATURAL GAS COMPANY

- After completing his service in the military, Brad moved back to his home town and went to work for a natural gas company in the pipeline department.
- He says he really enjoyed the work because he was almost always outside and had a wide variety of things to do.
- After six years on the job, he was offered a job as a dispatcher. Seeing it as an opportunity to move up the corporate ladder, Brad accepted the job and enjoyed the new position for the first couple of years.
- During the third year as dispatcher, Brad became unhappy with the job. "I would literally have to force myself to take that step to go into my office. I hated it that bad," Brad says.

- While the job hadn't changed any, his perspective of it had. It was not outside, not physical and there was no variety to it. "After three and a half years, I couldn't take it any more. I wrote a letter to my supervisor asking to be transferred back to the pipeline," says Brad.

EVENTS LEADING TO BRAD'S ACCIDENT

- Two months after transferring back to the pipeline, Brad was assigned to help senior welder Tracy with some welding assignments at some remote company locations in Oklahoma.
- After completing one job, a company pumper approached Brad and Tracy and asked them to schedule a repair on pinhole leaks around the fire tube on a well's two drip tanks.
- When the pumper told Tracy he'd inform the supervisor that the leaks would be fixed, Tracy said, "No, you don't need to get a hold of your supervisor. I'm going to do it today while I'm here and we'll surprise him."
- After Brad checked the atmosphere with his gas monitor at the well, he asked Tracy, "What's going to keep a spark from getting inside one of those drip tanks?" Tracy told him that the pumper said that the liquid level was high enough to put out a fire that resulted if they burned through the tank.
- Brad and Tracy didn't check the tank's liquid level and assumed the information the pumper gave them was correct. "Any time you do something to save a few minutes, and that's all we had done, we wanted to save just a few minutes because we added this job to an already busy day, it is nothing but a shortcut. And that's all it will ever be," says Brad.

THE EXPLOSIONS

- Because there was no grinding or brushing for him to do as a helper, Brad didn't bother to put on his gloves. He rolled out the leads for Tracy to do his welding.
- Tracy finished his weld on the first tank and moved to the second. After speaking briefly with a supervisor, Brad walked toward Tracy, who was lying on the ground welding.
- Brad heard a sound in the tank and knew it was going to explode. "I hollered at Tracy, 'It's going to blow! And just then, blew'."
- The explosion that came from the tank threw Brad into the air, through a ball of fire and onto the other tank. "When I landed there, I couldn't believe what had just happened. I couldn't believe that I had just been involved in an explosion at work. Those things happen to other people, not me," says Brad.
- While Brad's clothes were on fire and he was engulfed in flames, he was more concerned about his three daughters at home than he was about dying.
- When he started moving towards the catwalk to get down off the tank, it also exploded. "Threw me back up into the air, again I have no idea how I high I went the second time, but this time I landed back on the ground on the opposite side of the tank that I started out from," Brad says.
- Although he was in great shape and had been a distance runner for 18 years, Brad only had the strength to roll three times to get away from the fire. "The heat had taken all my energy. My left leg was broke and so it would just flop every time I rolled. And all I did was make it to the edge of the flames," says Brad.
- Two ranchers in the field next to the well drove up and pulled Brad away from the fire. They had already called for an ambulance from their cell phone.
- As Brad lay there, he fully expected to die at any minute. Since he had been trained as an EMT, he knew what kind of shock he would go into and that the amount of blood he was losing from his leg could be fatal. "I didn't

know what the extend of my burns were, but if they were anywhere close to as bad as they felt, no doubt they could be fatal,” says Brad.

BRAD’S FAMILY RECEIVES NOTIFICATION OF THE INCIDENT

- As Brad lay there fighting for his life, he wondered what had happened to Tracy. Finally the ambulance arrived, got him loaded and headed to the hospital.
- “As soon as we got on the road, I said a prayer and when I said “amen,” that’s the last thing I remember for two and a half months,” says Brad.
- About the time he arrived at the hospital, something just about as bad as the explosions started happening, according to Brad. “That is the family started getting notified.”
- The accounting firm where Brad’s wife worked received a call about the explosion. She told her supervisor that since he was an EMT, she wondered if he would get to help if anyone was hurt.
- She didn’t think Brad would be involved and he says there’s a very simple explanation why she thought that. “That is our spouses don’t expect us to go to work every day and be stupid; they don’t expect us to go to work today and take a shortcut that would endanger our very life,” he says.
- “They don’t expect us to go to work today and have so much pride that we can’t involve everyone that needs to be involved in the decision-making process, but those were the things we’d done that morning,” adds Brad.
- All of his family members received phone calls telling them that Brad was very critically injured from being involved in two explosions at work. “I can’t even imagine what it was like for them to receive those phone calls, because I went along with a shortcut at work.

BRAD FIGHTS TO SURVIVE HIS INJURIES

- Brad says that he doesn’t tell his story without talking about some miracles that God did that prevented him from being injured even worse than he was. He could have landed on his head, flat on his back or on his face, or he could have been impaled by a piece of broken pipe.
- He’s not sure how he did land either time, but he didn’t sustain a head, neck or back injury. He also has no paralysis, his lungs were not seriously damaged and he had only one broken bone.
- “The second explosion itself actually saved my life because I would have burned to death before I could have ever gotten down off that tank,” Brad says. He adds that the ranchers being so close to pull him from the fire as soon as possible and calling an ambulance immediately also helped save his life.
- He jokes that his not suffering any brain damage may have come from having three daughters.
- Brad was flown from the hospital to the Burn Intensive Care Unit. After being assessed, he was taken into surgery to set his broken leg; the bone was shattered beyond repair and had to be replaced with a steel rod.
- The morning after, Brad was put on a respirator for breathing trouble and a physician informed his family that he had suffered third-degree burns over 63 percent of his body. By adding that number to his age of 32 and subtracting the total from 100, the doctors gave him a five percent chance of surviving.
- Because Brad’s body began to swell to the point his blood couldn’t flow, the doctors had to perform an escarotomy. “They cut me down each arm, down each leg, and across my chest so that tissue could expand so that blood could flow,” says Brad.

- That same day, he continued to swell and the doctors had to do another escarotomy. “I was almost filleted wide open just so that blood could flow throughout my body,” Brad says.
- The doctors suggested to Brad’s family that evening that they get away from the hospital for awhile. When they returned, a physician told them that they had done all that they could do and didn’t think he would live through the night.
- “Sure enough, that night, my heart stopped twice. Both times, the respiratory therapist was standing by my bed and he hit me on the chest and it started going again,” says Brad.
- Over the next two and a half months, Brad had six skin grafts on his legs, hands and parts of his side and back. He received more blood transfusions than any three patients combined that they’d ever had at the Burn Intensive Care Unit.
- Because of the amount of tissue that had been burned off of his body, his bloodstream had absorbed some of the contents of the tanks after the explosion. “I found out later those blood infections were serious enough they could have been fatal just by themselves. My kidneys quit working for about a month, so I was on dialysis. And then, of course, I got pneumonia,” says Brad.

THE EXTENT OF BRAD’S BURNS

- Ironically, Brad had just bought some work jeans before the explosion that were 60 percent cotton and 40 percent polyester. He knew he was supposed to wear 100 percent cotton, but figured he’d just “reach down and brush the fire out or take them off if I had to” if they ever caught fire.
- He had on one of the new pairs of jeans the day of the explosion and the polyester melted through his outer layer of skin as well as the dermis layer that contains hair follicles, sweat glands and nerve endings. It continued burn and melt through his entire layer of fat cells and into the muscles of his legs.
- One day when a nurse was using an instrument to get some readings off of Brad’s feet, his wife Bobbi asked what she was doing. “It’s just a matter of time before we’re going to have to amputate both of his legs and both hands, and we’re just kind of watching how the oxygen and blood flow to know when to do that,” the nurse responded.
- Although the doctors said after awhile that Brad would only lose his feet and fingers, he only lost tissue on his legs, a patch of hair on the back of his head, the end of his nose, the top of an ear and a thumbnail. “I feel very fortunate that that’s all I lost as a result of being in those explosions.”
- Brad had to go into the de-bredding tank twice a day to remove dead and dying tissue, which can cause infection and must be removed so skin can be grafted to live, healthy skin.
- Even though he was unconscious and on morphine, Brad still would try to scream as a result of the pain involved in scrubbing all of the raw exposed tissue. “Miracle number one to me is that I don’t remember any of that that went on while I was unconscious,” Brad says.

BRAD REGAINS CONSCIOUSNESS

- Two and a half months after the explosions, Brad started to regain consciousness. “It wasn’t a sudden awakening; it was a gradual process,” he says.
- As a result of the drugs he’d been on wearing off and his body waking up from the trauma, he began to hallucinate. He would tell people when he woke up there were white lopped-ear bunny rabbits on him, the bed, the floor and on the shelf.
- When he told Bobbi to get the rabbits off of him, she would tell him there weren’t any rabbits in there. When his head cleared, he thought that she was right; there weren’t any rabbits in there.

- Brad says that he has wondered ever since why anyone would ever intentionally subject himself to the effect of drugs to go to some make believe world just to have reality waiting on them when the drugs wear off anyway.
- Because he got “sick and tired” of his wife, nurses and doctors asking him, “Do you know where you are?” he memorized what they were telling him and after a few days he got to where he could repeat it back to them. He would tell them he was in the Burn Intensive Care Unit, University Medical Center, Lubbock, Texas. “I didn’t believe it for a second, but it got them to quit asking me the question, and that is what I wanted to do,” says Brad.
- He adds that he was very confused and could close his eyes and still feel the explosions happening again. He thought since he had survived the explosions, he should be able to get up, walk out and go home; he had no idea of the extent of his injuries.
- After two and a half months of lying completely motionless, Brad was rolled over by Todd, his therapist. When Todd lifted one of Brad’s feet off the bed six inches, “it felt like my knee instantly swelled to the size of a basketball,” he says.
- Brad yelled, “Todd! That hurt! How much did my knee swell?” Todd replied that it hadn’t swollen at all; it was just that stiff from not having moved in so long.

BRAD ASKS HIMSELF ‘WHY?’

- “I’d gone from 175 pounds to 130 pounds and started asking why; why me? I was third in line to even be welder helper, not that I would ever want anyone else to have been in my shoes,” says Brad.
- “If it’s going to happen, I’m glad it was me and not someone else, but why did we do what we did that day?” Brad says he asked himself.
- He also asked why they had taken that shortcut and had not gauged the tanks; they both knew better than to do that, to assume information we had been given was correct.
- “Why had we skipped over talking to the supervisor, who I can guarantee you would have never allowed us to strike an arc in the field. That was against company policy. Why did we do that?” Brad asked.

“Why didn’t I do more to stop Tracy? I thought it was an unsafe act. I told him so, but that didn’t do enough to stop it,” Brad said at the time.

BRAD LEARNS TRACY DIDN’T SURVIVE THE EXPLOSIONS

- When he would ask about Tracy, Brad says Bobbi would tell him that they hadn’t “heard anything yet.” Since he still didn’t comprehend that it had been two and half months since the explosion, he would believe her.
- Finally, one day Bobbi walked into Brad’s hospital room and told him she thought he was ready for the news. “Tracy’s dead. He was killed in those explosions,” Brad says Bobbi told her.
- “Words cannot describe the hollow, helpless feeling that gave me, and it still does to this day, 16 years later,” says Brad. “I was his helper at work that morning; we were partners on a job, and now he’s dead.”
- Brad later discovered that Tracy had welded the new fire tubes on the tanks six months before the explosion with a wire feed welder notorious for leaving pinholes. A co-worker had seen the pinholes at the shop and informed Tracy, who said he could patch them up but forgot to do it.
- “When we were over there welding that day, as soon as he was told about these two tanks with pinholes in them, all of the sudden he remembered being told about them while they were still in the shop. He was too embarrassed to let any one know. He had too much pride,” says Brad.

- “He didn’t want anyone to know that he had been told about those pinholes. So the plan was just to weld over them, fix them in the field and no one would ever know. It killed him,” Brad concludes.

MENTAL TRAUMA, THERAPY & PAIN

- Four months after the explosions, Brad was sent to San Antonio, TX for therapy. He would undergo two hours of therapy each day for his legs, two hours of occupational therapy a day working with his hands and one hour daily of recreational therapy working with his mind.
- Brad says after he got to San Antonio, the mental trauma became tougher to deal with than the physical trauma. “My wife had to get an apartment, had to get furniture rented, had to get the kids enrolled in school. My daughters had to leave our little town of 2,200 and relocate to San Antonio, TX, a city of over 1.2 million people.”
- “Because I got hurt at work, my family had to completely uproot their lives and relocate and that was hard to take. Mentally, that was hard to with, what I was putting them through, what I was forcing them to go through in their lives because I took a short cut at work; I did not stop an unsafe act,” continues Brad.
- He also started finding out what the permanence of his injuries was; he would never be able to play sports again, never have straight fingers again and how many more surgeries he was going to have. “I learned more and more about the permanence of everything I was going to be living with for the rest of my life,” says Brad.
- When he asked the doctor if he’d ever be able to run again, the doctor replied, “No, you’ve lost too much muscle from your legs, especially around your knees. They’ll never be able to support your body weight if you try to run.”
- “It was like a kick in the gut. Everyday, I found out something else I was going to have to live with for the rest of my life, because I got hurt at work,” says Brad.
- He was also fit for pressure garments made out of a spandex-type material to fit tight against his body from head to toe to prevent scar tissue from sticking up on his body. He had to wear those 24 hours a day.
- Brad also had to wear a custom-fit mask on his face whenever he was awake to prevent scar tissue from sticking to his face and had splints on his hands 24 hours per day. “Some of them to try to mobilize my fingers a little bit more; some of them with rubber bands for me to pull against to try and get a little bit of strength back in my hands,” says Brad.
- “The burns actually stopped a few inches above my ankles, so the muscle is all still on my feet to pick up my feet when I walk,” adds Brad, “but the nerve that went down to my leg to tell the muscle what to do is burned off.”
- As a result, his feet drop when he walks, a condition known as “foot-drop.” “So I had to wear braces to hold my feet up while I was trying to learn to walk again, to try and prevent a little more of the tripping hazard. I even had to wear braces at night on my feet to keep my feet from hanging down while I was sleeping flat on my back,” Brad says.
- “And the pain, the pain just wouldn’t go away. I’d wake up with it in the morning; it would intensify throughout the day because of therapy,” he says. “I’d go to bed with it at night, I’d wake up in the middle of the night because I’d have pain shooting through my body somewhere.”
- One day, Brad had Bobbi push him in his wheelchair out to a patio where he sat and tried to remember what it was like to go for a distance run and not hurt and he couldn’t even remember what it was like. “I’d had too much pain for too long amount of time. I couldn’t even remember what it was like not to hurt,” he says.

THE EXPLOSIONS & ANTIBIOTICS DAMAGE BRAD'S HEARING

- About five weeks after arriving in San Antonio, Brad's hearing went "from normal to nothing in a period of three days. An audiologist found he had suffered permanent nerve damage and would have to wear hearing aids the rest of his life.
- When Brad asked why, after five months, this had occurred, the doctor told him that while the two explosions undoubtedly had caused some damage, there were certain antibiotics "that if you take too much of those antibiotics, they can cost you your hearing."
- "Those were the only antibiotics they could use to fight the blood infections I had," says Brad. "You use too much of them, they cost you your hearing and sure enough they took their toll on me."
- Brad says that he's told God on a lot of occasions "if he wants to do another miracle on me, I want my hearing back before I even want normal hands. Helen Keller said that 'loss of eyesight separates people from things; loss of hearing separates people from people.' It's the absolute truth."
- The \$5,000 digital hearing aids Brad wears don't come close to giving him normal hearing. "I can be sitting at our diner table with my family and can't understand their normal conversation," he says. "I've had to learn to read lips and try to put the two together; I might be able to get 60 or 70 percent of what's been said and try to figure the rest out."
- He adds that conversations go on around him that he can't join in because he's not sure what's been said. "I can tell you it is the most debilitating handicap I have," says Brad.
- "You all may work in an environment where you have to wear hearing protection around loud noises; I hope by all means you do it," Brad says. He also notes that hearing protection is just as important when you are around loud noise away from the job.
- "You can only protect it (your hearing) while you have it; once you lose it, you cannot get it back," concludes Brad.

BRAD IS OVERCOME WITH FRUSTRATION & DESPAIR

- Brad became frustrated with his physical therapy. "I'd get pushed back in to my room in my wheelchair after a day of pain and torture, which is what I think PT stands for," he says.
- He would hurt so bad after days of therapy that he would want to grab the television in his hospital room and rip it off the wall. "But I couldn't grab it; I had splints on my hands. I didn't have the strength to do it and I couldn't stand up," says Brad.
- "So I'd cry. (It) was the only thing I could do to vent all that emotion, fear, anger, frustration," he continues, "and I can remember thinking how unmanly it was to cry about something like that."
- Then he thought it would really be unmanly to keep that emotion bottled up and abuse Bobbi or the kids physically or mentally, so he decided that if he shed a few tears once in a while to vent all that emotion, that's what he would do.
- After eight weeks in San Antonio, Brad says he reached his breaking point and told his wife to take him home. When she asked him if he wanted to quit, he replied, "Yes I've been here two months. I still can't walk; the pain isn't going away. I'm not getting better. I want to go home."
- Bobbi ignored Brad's plea and pushed him to his 1 p.m. therapy session where Brad told his therapist Rhonda that he couldn't take it any more and wanted to go home. She got up and left the room with Brad thinking he had ruined her day and that she would go home and think of more ways to cause him pain and torture the next day.

- Instead, Rhonda returned with Vickie, the counselor for burn patients and their families who became enamored with the mental healing process for burn victims as an RN in Vietnam. For the next hour, Rhonda, Vickie and Bobbie sat Brad down and got him to “change my perspective.”
- He says all he thought about all day long were the negative things: the pain not going away, not being able to run, he still couldn’t walk and he looked like a freak, but they got him to change that.

OTHER PATIENTS’ STORIES HELP CHANGE BRAD’S ATTITUDE

- Brad says that one of the ways Rhonda, Vickie and Bobbi helped him change his perspective was to have him think about other patients there.
- One such patient was Emmett, who woke up one night to a bedroom full of smoke. His wife said she’d grab their daughter and they would meet in the front yard. When his wife and daughter didn’t show up, he went back into the fire to get them.
- His wife had lost their daughter’s hand and could find her, so Emmett told her to go outside and went back in for his daughter. His daughter died that night and his wife died two weeks later. Because Emmett went back into the fire, he lost all of his hair, his nose, his lips, both ears, his left hand and all the fingers on his right hand and his family.
- “What business did I have feeling sorry for myself?” Brad asks. He then recalls the story of Charlie, a 19-year-old who had been ejected in a automobile accident with the car rolling over him.
- “Charlie from the age of 19 was paralyzed from his chest down for the rest of his life. He had no chance ever to walk,” says Brad. “I at least had a chance to learn how to walk. What business did I have feeling sorry for myself?”
- Charlie told Brad that he wasn’t wearing his seatbelt that day “because it wasn’t cool.” He couldn’t pick up chicks that way. Brad notes the importance of wearing your seatbelt and hopes that everyone’s family also is aware of the importance of wearing a seatbelt.
- Brad recalls the story of a boy who had disliked being put in a car seat and when he became a toddler, his parents quit putting him in it so they wouldn’t have to listen to him cry and scream. One day he was riding to the store with his mother when they collided with a truck while only traveling 30 miles per hour. The mother, who had her seatbelt on, wasn’t harmed while the boy flew into the windshield, suffering a broken neck and becoming a quadriplegic.
- “Quite a trade-off, wasn’t it? Because they didn’t want to listen to him cry in a car seat,” Brad says. “One thing my wife and I never worry about is whether or not our kids are going to put our grandkids in their car seats. They’ve seen what can happen.”
- Brad thought about these stories and thought how much worse off he could be. He also thought about a quote that went “everyone brings joy to a room, some by entering, some by leaving.” He says he didn’t want to be the kind of person who brings joy to the room by walking out of it.
- “What I had figured out was that whatever attitude I have today, my family has to live with that,” says Brad. He decided it wasn’t fair for his family to suffer because he was unhappy and decided he didn’t want that any longer.
- “I decided to accept the challenges I had, whatever they were. Instead of thinking about all the things I’m never going to do again, or thinking about the things I used to do, I just started thinking about one hour of therapy at a time.”

BRAD BEGINS TO ACCOMPLISH LITTLE GOALS

- Brad says he started setting little goals and started achieving some of those little goals. “When I had reached just about where I needed to be, I needed a little bit more encouragement maybe, my wife got a chokehold on me,” he says.
- Bobbi would ask him how he felt when he thought he was going to die immediately after the explosions or tell him that he would need to be out of his wheelchair to walk his three daughters down the aisle. “That was a chokehold; she wasn’t playing fair. But it worked; helped me change my attitude and get it to where it needed to be,” says Brad.
- With his new attitude towards therapy, Brad says he didn’t even mind the pain because he then had some goals and was going to be able to do some things. “I didn’t care if it hurt; I wanted to get better. And the pain did eventually go away, just like they told me it would.”

BRAD GOES HOME

- One year after the explosions, Brad became an outpatient. He got to move into the apartment in San Antonio with his wife and kids, give his daughters’ good night kisses and sleep in the same bed as his wife.
- After two months of outpatient treatment, the family was allowed to move back home. After arriving home on Friday, Brad was up at the hometown hospital getting set for therapy he would receive for the next 13 months.
- “As happy and as excited as we were about getting home, there’s a whole another set of problems,” Brad says. “Who’s going to do all the things around the house now that I used to? I always fixed whatever needed to be fixed around the house. I always did my own mechanic work on the cars; who’s going to do that now with me being the way I am?”
- Brad says one of the first things he did after getting home was throw his running shoes in the trash. He didn’t want to have them around as a reminder of what had been his favorite hobby for 18 years.
- He underwent his final two surgeries after going home for a total of 18 surgeries he had to have as a result of the explosions. “Eighteen to me was a lot; it’s not a lot compared to what a lot of burn patients have had to have. For me, it was enough,” says Brad.
- “Do you know the difference between major surgery and minor surgery?” Brad asks. “Major surgery is anytime it’s happening to me; minor surgery is when it’s happening to somebody else. As far as I was concerned, every time that doctor came at me with the knife, it was a pretty major thing.”

BRAD REALIZES HIS GOOD FORTUNE & RETURNS TO WORK

- After taking his daughters to school in the mornings, he would drink coffee at the café until he had to go to therapy. One morning, he told the guys that he was going to attempt to mow his lawn that day.
- One of the guys sitting at the table told him he didn’t what to do that. When Brad asked why, the man responded that if he hadn’t settled with his insurance company yet, they would cut down on the amount of his settlement if they found out he “could do too much.”
- “I realized then for the first time how fortunate I was that those three women sat me down and got me to change my perspective,” Brad says. “Instead of living in a wheelchair for the rest of my life, if that’s what would have happened, I wanted to be productive. I wanted to be able to do some things.”
- Brad did mow his yard that day, but was very tired when he completed the task. “But I knew I was going to be able to do some things, maybe not everything, but some things,” he says.

- He went back to work two years, three and a half months after the explosions as a dispatcher. “Obviously, now I can’t work in the field, can’t be exposed to extreme temperatures...but now I went back with the right perspective. With the right perspective, I have a positive attitude towards it,” says Brad.
- “All day, every day, I still work there, when I’m not out doing my speaking, but I have the right perspective. I enjoy doing it; I enjoy my job and I keep my focus on my responsibilities,” Brad says.

NEW ADDITION TO HOUSE BRINGS BOTH FRUSTRATION & CONFIDENCE

- After returning to work, Brad’s family built an addition on their house and he says he learned a couple of very important lessons. “First, I have to watch my frustration level. If I start to get too frustrated, I can go all the way back to asking ‘Why me?’ and I don’t want to do that.”
- If he started getting frustrated because his hands or legs couldn’t do something, he was better off to leave it and come back to it another time or whenever he figured out how to get it done and not let it frustrate him.
- “One of the hardest things I had to do was hold the nail and hit it. I can’t get my fingers out of the way, they don’t split and go where they need to go,” Brad says. “Besides that, I didn’t have enough strength in my hand to hold the hammer very well. A lot of times I would swing it back and it would keep on going.”
- “What happens if you are trying to get something done and you do it out of frustration?” Brad asks. “A lot of times it’s something with a negative result. I learned not to do that; if I get frustrated, I quit and come back to it later on.”
- The second thing he learned from building the addition was that it gave him the confidence to try and do more things. Brad says, “I could do more than I thought I was going to be able to, even then. I have now got to where I can fix most things around the house, do a lot of my own mechanic work on the cars again.”

KEEPING THINGS IN PERSPECTIVE

- Several years before the explosions, Tracy had given Brad a good lesson on perspective at work one day. Brad was complaining about a guy who he worked with and made the same amount of money. Brad told Tracey, “It wasn’t right that he didn’t do near the same amount of work and he was just in the way. It’s not fair.”
- Tracy asked Brad if he had agreed to work for a certain amount of dollars per hour before he started with the company. When Brad said, “Well, yeah,” Tracy told him it was none of his business how much money somebody else makes.
- “You come to work every day, earn your money, go home knowing you earned your money today,” said Tracy. “And if he can go home and sleep with what he did today, that’s his problem, not yours.”
- Brad says that was a good perspective lesson for him. “I think we all need that from time to time. In today’s world especially, it seems so easy to get caught up in the trap of thinking that we deserve more money. ‘Oh, so and so doesn’t do near what I do and they make more money than I do; it’s not right’.”
- If you go through life wishing you were taller, skinnier, younger, etc, you are warping your perspective on what you do have and the things you could be accomplishing, according to Brad. “Every day, I have to keep my perspective right so I can have a positive attitude,” says Brad.
- “Every day I could have pity party if I wanted to for myself, or I could get depressed because of the way I look, because the way I walk or because of the things I can’t do, and I’ve chosen not to allow that to happen. I keep my positive attitude every day and I try to keep my focus right so I can have that positive attitude,” he concludes.

BOBBI & THE KIDS REMAIN STRONG THROUGH THE ORDEAL

- Brad says that although Bobbie could only see him in intensive care an hour and 15 minutes each day, she stayed at the hospital a minimum of 12 hours. “Hundreds of phone calls she had to make or answer for two months, telling people that her husband was going to die because it took them that long to decide he wasn’t going to.”
- Bobbie also had the uncanny ability to show up at his side when Brad became frustrated or mad. “She’d say, ‘Brad, if you calm down and slow down, you can do it.’ And most of the time I’d be able to do it,” says Brad.
- “If I couldn’t do it, she’d do it,” he continues. “If she couldn’t do it, we’d figure out another way to get it done. Never once has she complained in 16 years for what I had put her through or what she had to go through because I was hurt at work.”
- Bobbie had the opportunity to learn to do some things that had Brad not had the accident, she would have never learned how to do. They had gotten a car for their daughters after Brad’s accident and were changing the oil. He couldn’t turn the wrench handle, so he had Bobbie do it.
- “She found out that first time you don’t lay directly under the filter when you’re taking it off the car. The next time I had to change the oil in that car, I hollered at her again to come take that filter off,” says Brad. “Guess what she did. She went in and got that same old t-shirt, cleaned but stained, lay in a different spot and took off the filter, never once complaining about any of it.”
- Brad says his three daughters never complained about having to leave their hometown and their friends because they wanted to be with their parents and he wanted them there. “I didn’t just want them there, I needed them there every day. I needed to see my kids every day after what we had been through.”
- Brad’s kids couldn’t wait for him to recover enough to the point where they could wrestle again, something they had done daily since the kids were very small. “Finally, the day came, I thought I was ready, I just made some miscalculations,” says Brad.
- First, he was not nearly as strong as he once was; and secondly, all three of the girls were bigger and stronger than they once were. Also, he made the mistake of taking all three of them at the same time. “I lost; they pinned me to the floor, but it felt good. It felt good to know that my daughters were not holding against me, what I thought they had every right to hold against me, for what I put them through,” Brad says.

KAYLA’S TRUE-LIFE SCHOOL PAPER

- Brad’s youngest daughter Kayla, who loved to read, became a good writer and wrote a true-life paper called “The Accident” several years after the explosions occurred. Brad was anxious to read it when she brought it home, but read the first sentence and had to put it down. “For the first time, I was going to experience my accident through the eyes of my daughter and I wasn’t ready for that,” he says.
- When he finally got up the courage to read it, he first learned that Kayla had found out during recess that the grandfather of one of her friends had been killed that morning in an explosion. Kayla knew that her dad worked with Kayla’s grandfather “quite a bit,” but she hadn’t heard anything about him being hurt.
- “So apparently my dad was not hurt working with Tiffany’s granddad today. I feel very sorry for Tiffany’s family but very fortunate for mine,” wrote Kayla. After class resumed, the teacher was called out of the room and came back in, telling Kayla to get her things and to go with him.
- The principal was standing in the hall and led them to his office. They turned a corner and there was this small huddle of teachers standing around someone in the middle. They were all crying and Kayla thought, “Well, no doubt this has something to do with Tiffany’s family,” Brad says.

- The huddle opened up and Bobbi's best friend Connie was in the middle. The teachers all looked at Kayla and gave "little pitiful looks" according to the paper, and she figured it out: her dad had been working with Tiffany's grandfather that day and he was dead. What was she about to find out about her dad?
- Connie and Kayla went and got Brad's other daughters at the middle school, the story continues, and Connie told them there had been an accident. While the oldest and the youngest daughters just started crying, the middle daughter Sarah looked Connie in the eye and asked her if Brad was dead; Connie replied no, but that "it didn't look good."
- "What did I do to my kids because I thought I was tough enough to take anything?" Brad asks. "What did I put my kids though because I took a shortcut at work or because I didn't do everything I could have done to stop an unsafe act? What did I put my kids through?"
- Kayla wrote about the first time the family visited the burn unit and went back to Brad's room. Bobbi had the nurses wrap his face and head with gauze so the girls couldn't see what he looked like at that point. They had the option of coming back and standing next to his bed or stand on the other side of the glass wall and look at him.
- While Brandi and Kayla put on their gowns to go back, Sara made the decision, "Since he's going to die anyway, I don't want to go back and stand next to him laying on that bed. I don't want to remember him that way."
- "What was that like for her in fifth grade to make that decision?" Brad asks, "What did that do to her, to have to make that choice?"
- In the paper, Kayla wrote that she thought, "that's not my dad lying on that bed. That is a white blob. My dad has to be healthy and athletic, that cannot be my dad." Brad says because I took a shortcut at work, "what did I put them through?"

CHOOSING TO TAKE UNNECESSARY RISKS IS ALSO A DECISION FOR YOUR LOVED ONES

- "We don't have the right to decide for other people what they would prefer we do on the job when it comes to taking unnecessary risks," says Brad. "If you take a shortcut at work, you have decided for your family it's okay with them for you to take that shortcut and risk your life. You don't have that right."
- When you're driving down the road and want to get somewhere five minutes earlier, driving like a maniac and changing from one lane to the other, you have decided for your family that it's okay with them for you to risk your life when you don't have to be, Brad says.
- "You don't have that right. I found that out from reading Kayla's paper and talking with my daughter years afterwards. What if I hadn't made it? Because I was hurt at work, because I was involved in those explosions. What if I hadn't have made it?" Brad asks.

BAD THINGS HAPPEN WHEN YOU BECOME COMPLACENT

- Brad says he didn't have near enough insurance at the time of the explosions. "I can only imagine Bobbi would have had to work two jobs for no telling how long just to make ends meet," Brad says.
- Would that even have been a possibility if I hadn't made it?" he asks. "Guys, I'll tell you what I think our biggest problem is most of the time is our testosterone. We think we're bigger and stronger and faster and smarter and it isn't going to happen to us."
- It'll happen to somebody else. You are "somebody else," according to Brad. "If you start thinking it can't happen to you, you will become complacent, and when you become complacent, bad things happen."

MAINTAINING PERSPECTIVE & FOCUSING ON RESPONSIBILITIES

- “Now it doesn’t even matter that I was in those explosions; what matters is what I choose to do with what I have left,” Brad says. He adds that he doesn’t allow himself to focus on the things he can’t do, but keeps his perspective right so he can have a positive attitude.
- He can’t run, water ski or play sports, but it doesn’t matter. “What matters is doing the things I’m capable of doing and it requires the proper perspective, just like you have to have every day, to accomplish the things that you can be accomplishing,” says Brad.
- “I hope each of you keep your perspective right; keep your focus on your responsibilities and I guarantee you there is no responsibility that you could ever have more importance than going home safe to your family every day,” says Brad. “They depend on you for that, whether it’s your spouse, or your children, or you siblings, or your parents or your hunting buddy; they depend on you to come home safe every day.”
- Brad says that the love and support you provide those people cannot be replaced if you’re gone. “It’s up to you to keep your focus right and only you can do that by maintaining the proper perspective.”

JUST A SECOND IS ALL IT TAKES TO CHANGE YOUR LIFE FOREVER

- Imagine never being able to engage in your favorite hobby or enjoy vacation, Brad says, because you took a shortcut at work. “Or you drove a little bit more like a maniac to get two or three minutes ahead of where you needed to be and had an accident.”
- “Just a second, just a second, I know a shortcut that can get this done. Just a second ago, this wasn’t broke, now it is,” continues Brad. “Just a second ago, I was fine and happy and healthy enjoying my job, now I’m laying here fighting for my life.”
- “Just a second is all it takes to change your life forever, maybe even end it. Just a second is all it takes for you to raise your hand and say, ‘Wait a minute; I don’t think this is safe.’ Explain to me how we’re going to do what we’re about to do and no one is going to get hurt, no equipment is going to get damaged. Just a second and it’s totally up to you, individually, every day to make those decisions,” Brad concludes.

PREPARE FOR THE SAFETY MEETING

Review each section of this Leader's Guide as well as the videotape. Here are a few suggestions for using the program:

Make everyone aware of the importance the company places on health and safety and how each person must be an active member of the safety team.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline.

Copy the review questions included in this Leader's Guide and ask each participant to complete them.

Here are some suggestions for preparing your Videotape equipment and the room or area you use:

Check the room or area for quietness, adequate ventilation and temperature, lighting and unobstructed access.

Check the seating arrangement and the audiovisual equipment to ensure that all participants will be able to see and hear the videotape program.

CONDUCTING THE PRESENTATION

Begin the meeting by welcoming the participants. Introduce yourself and give each person the opportunity to become acquainted if there are new people joining the training session.

Explain that the primary purpose of the program is to illustrate how Brad's choices one work day contributed to the death of a co-worker, life-changing injuries to himself and unimaginable grief and trauma to his family while motivating viewers to maintain a proper safety perspective and help them truly understand why they must work safely every day.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline. Copy the discussion questions included in this Leader's Guide and allow the participants to review them and then conduct a discussion about the program.

After watching the videotape program, the viewer will be able to explain the following:

- What mistakes Brad and Tracy made that led up to the explosions;
- What injuries Brad's body endured and how he fought to survive them;
- How Brad was overcome with frustration and despair as a result of his therapy;
- How ordeals burn patients suffered through inspired him to develop a positive attitude toward recovery;
- How Brad adjusted to home life by keeping things in perspective;
- How daughter Kayla's school paper made him realize what his accident had put his family through;
- How just a second in choosing to perform an unsafe act can change your life and your family members' lives forever.

JUST A SECOND AGO:
The Brad Livingston Story
DISCUSSION QUESTIONS

1. Have you ever allowed your negative perspective of your job influence how you performed one or more of your job tasks? If so, why?
2. Have you ever gone along with a co-worker who wanted to take a shortcut to complete a job task? If so, why did you agree and what could have been the consequences had something gone wrong?
3. Which of his injuries did Brad consider his worse? Describe why he felt that way.
4. How would injuries such as the ones Brad suffered affect your family and loved ones? What changes would have to be made to accommodate your condition and your family's lifestyle?
5. How do you think Brad would have responded to his therapy and recovery had his wife and daughters not been so supportive?
6. Brad says that when you decide to take shortcuts, drive like a maniac or undertake other unnecessary risks, you have decided for your family that it is okay to do so. What are some actions we often take without thinking how the consequences could affect our loved ones? Will you think twice before taking these kinds of risks in the future?
7. Brad says "bad things" can happen when we become complacent on our jobs. Give some examples of the consequences that occur should your job become too routine or you adopt an "it won't happen to me attitude."