

The Human Check

Use this before you trust, send, publish, or act on AI-generated work.

1

KNOW

What do I actually know?

Separate verified facts from AI-generated wording and plausible-sounding claims.

2

ASSUME

What is being assumed?

Look for missing context, unstated assumptions, invented details, or overconfident conclusions.

3

VERIFY

What needs evidence?

Check important facts, numbers, quotations, sources, dates, names, and recommendations.

4

PROTECT

What should not be shared?

Remove confidential, personal, regulated, proprietary, credential, client, or sensitive information.

5

OWN

What decision is still mine?

Do not hand consequential judgment to AI just because the answer sounds polished.

6

ESCALATE

When should a qualified human take over?

Legal, medical, financial, safety, employment, compliance, or other high-stakes issues may require an expert.

STOP RULE

If you cannot verify an important claim, protect the information, or explain who is accountable for the decision, stop before using the output.