

STAY FOCUSED, STAY SAFE

Paying attention at work is critical. In every workplace and on every jobsite, distractions can lead to serious consequences.

Every time you are distracted, you immediately lose the situational awareness that is critical to staying safe on the job.

While it may not be possible to eliminate all distractions when you are at work, it's important to recognize when distractions are likely to happen and take steps to minimize them.



- Take hazards seriously. Understand the risks associated with the work activities you participate in and know the consequences of unsafe behavior.
- Pay attention to what is going on all around you, including above, to the sides, and behind you.
- Understand the pace of the work environment. Watch for unexpected scenarios and adjust accordingly.
- Do not engage in horseplay. Do not interrupt or distract others when they are focused and working.
- Follow all company policies regarding cell phone and headphone use. Turn off cell phone notifications if they are distracting during the workday. Do not take calls or return text messages when you are in the middle of a work task, instead wait until you are on a break.
- Avoid using electronic devices, including cell phones and headphones, when operating or working near heavy equipment or machinery.
- Wear required PPE and follow all safety procedures. Distractions can become deadly when safety procedures are not being followed.
- If there's a checklist for a task, use it. If you would benefit from a checklist, create your own or ask for one.
- Speak up about repeated or unsafe distractions that need to be resolved.

Discussion

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When are you most likely to lose focus on the job?

Why is it important to stay alert during routine tasks?