

WEEK 4

Attention-Grabbing **Safety** Practices

Have you ever been deep in thought and stumbled over a crack in the sidewalk or fold in a rug? Regrettably, this has probably happened to most of us more times than we'd like to admit. A momentary distraction—our cell phone, a thought or activity that causes a slip, trip or fall. Our ability to focus on the task at hand is a foundational element of self-awareness. Although completely eliminating distractions may not be possible, we can take steps to improve and better control our attention thus minimizing the frequency and severity of accidents.



SLOW DOWN

Our desire to complete a job quickly and on time can be a major distraction from safety and accuracy.

THE FIX: Be mindful of what you are doing. If you simply do not have enough time to complete the task, speak with your supervisor about workload or re-prioritize tasks for better time management.

STOP MULTI-TASKING

Despite common belief, tackling multiple tasks simultaneously is not the best course of action. Not only does it divide our attention and our productivity, it also increases the possibility for mistakes that were otherwise avoidable.

THE FIX: Prioritize tasks and knock them out one after the other.

BEWARE OF COMPLACENCY

When a task becomes mundane or second nature, it's easy to become complacent or overconfident which can lead to mistakes and accidents.

THE FIX: Take "micro-breaks" to allow yourself to briefly step away and recharge. Simply standing and taking a few deep breaths in and out, or stretching is a great way to refocus.

HUNGRY?

Did you know that our brain cells requires twice as much energy as the other cells in our body in order to achieve peak performance? The nutrients we eat help to maintain that energy, but beware of sugar-loaded foods as they could have an opposite effect. Rather than creating the sustainable energy our body needs, food like candy bars and soda actually make the problem worse by spiking our energy levels for a short amount of time, and then causing us to crash.

THE FIX: Skip the highly processed foods with high amounts of sugar and unhealthy fats. Instead, fill up on foods high in protein, fiber and healthy fats that work to maintain focus and memory.

PUT DOWN THE PHONE

Constant buzzing, vibrating and dinging can become a distraction for even the most diligent person and "distracted walking" injuries where pedestrians are texting while walking is increasing at a rapid rate.

THE FIX: To better stay on course, silence notifications, place your phone out of sight or turn it off completely. Be aware of your surroundings—especially while driving, walking or operating equipment.