

June 2019

Staying Focused

Keep your Brain in the Game

Number of thoughts a person has every day = 35,000

Number of decisions a person makes every day = 3,000

Number of daily decisions that have injury potential = 600

Think about what could happen if your mind is **NOT** on the task at hand. When you lose focus on your immediate task your risk for injury increases.

WHAT CAN YOU DO TO STAY FOCUSED?

- Review your job/task. Bring your mind back to the task at hand.
- Consider approaching a task as if you are teaching someone else how to do it.
- Take a quick micro-break and step back to re-focus.
- Assessing your state of mind before you start any task is key to your safety.
- Take a moment to watch what others are doing. Be courageous and intervene if you see an unsafe act or unsafe condition.



STOP AND THINK

BEFORE AND DURING A TASK:



- What could go wrong?
- How bad could it be?



- Do I clearly understand my task?
- Has anything changed?
- Am I physically and mentally ready?
- Do I have the right tools and equipment?



- Make it safe.
- Use the right procedure.
- Use the right tools/equipment.
- Reduce risks by putting hazard controls in place.

STOP IF IT CAN'T BE DONE SAFELY, AND NOTIFY YOUR SUPERVISOR IMMEDIATELY!