

Toolbox Talk

Be Safe. Your Family and Friends Want You Healthy and in Their Lives.

Distractions: Keep Your 'Safety Guard' Up So You Can Be Present and Safe

Distractions are part of daily life. Rushing, multitasking, co-workers talking to you, even mental distractions can pull your focus away from safe work practices. These distractions can lead to personal risk taking and possible injury. **Make the conscious decision to only proceed with a task if you can do it safely and with your full attention.**

Every month, workers are injured because, although distracted, they continued with the task at hand. If you found yourself in these scenarios, what would you do?

- You're lining up a couple boards to drive a nail in using a nail gun. A co-worker comes up and starts talking to you just as you're about to fire the nail gun. *Do you stop what you are doing, or do you proceed, knowing that the task does not have your full attention?*
- It's the end of the day and you have a couple more things to get done before you can go home. You begin to rush and multitask. You're carrying items that are too heavy down some stairs, miss a step and slip. You are able to catch your balance and don't fall. *Do you consider that a warning sign to slow down and pay attention?*

While some factors in the workplace can play a role in causing distractions, more hazards result from unsafe acts than from unsafe conditions. So think straight and follow safe procedures – your safety, and the safety of others, depends on it!



A distraction is anything that takes your complete attention away from where it needs to be. Construction work is dangerous and needs 100% attention, 100% of the time. **Distractions are a SAFETY HAZARD!**

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Employee Name: _____

Location: _____

Employee Signature: _____

Date: _____



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