



- Practice situational awareness throughout the workday and stay mindful of mental distractions that may lead to inattention.
- Wear required PPE and follow all safety procedures. Distractions can become deadly when safety procedures are not being followed.
- Follow all company policies regarding cell phone and headphone use. Turn off cell phone notifications if they are distracting during the workday.
- Acknowledge cues from your co-workers, which may be verbal, emotional, or physical.
- Speak up about repeated or unsafe distractions that need to be resolved.



- Engage in horseplay while on the job.
- Become complacent with routine tasks or take shortcuts.
- Make comments about a co-worker's appearance.
- Interrupt or distract others when they are focused and working.
- Take calls or return text messages when you are in the middle of a work task.
- Use electronic devices, including cell phones and headphones, when operating or working near heavy equipment or machinery.

Discussion

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What are 1-2 more suggestions that you might add to the lists above?

Choose one item from above and explain how it specifically relates to workplace safety.