

## REACHING FOR SAFETY EXCELLENCE

### Daily Safety Focus

## MAINTAINING FOCUS

It is easy to become distracted as work starts to wrap up, but it is crucial to stay focused on working safely. Completing any task while distracted puts both you, and those working around you at risk, It takes constant effort to stay focused, but by staying focused on safety you can finish the turnaround injury free.

Keys to Maintaining Focus:

- Identify potential distractions—Take the time to identify and eliminate potential distractions.
- Plan the Work—Work the Plan—Having a plan in place will give you a mental check list to follow during each task.
- Be fully prepared to start the task—Have all PPE, tools and materials you will require to complete the task prior to starting it.
- Take Breaks—Take a moment to step away from the task you are working on, re-hydrate and re-focus.
- Take your time—In focusing your attention on getting the task done, you are losing focus on what matters most—your safety.
- Get back to the basics—Don't lose sight of safety when completing routine tasks. Use handrails, wear your PPE, identify line of hazards, and communicate with workers in your area.
- Be aware of the changes happening around you. As work wraps up we must re assess our area for changes after breaks and throughout our task.

## LEADER'S QUESTION TO WORKERS:

**What distractions do you need to eliminate before starting your task?**