

REACHING FOR SAFETY EXCELLENCE

Daily Safety Focus **STAYING FOCUSED**

It is easy to become distracted as turnaround work starts to wrap up, the weather is nice and workers across site are beginning to plan weekend get-aways. Completing any task while distracted puts you and those working around you at risk. Losing focus for even a moment could result in anything from a dropped object, slip or trip, or even a life saving rule violation.

Keys to staying Focused:

- Plan the work, work the plan—having a plan in place will give you a mental checklist to follow during each task.
- Be prepared—have all PPE, tools and materials on hand prior to starting your task.
- Get back to the basics-Don't lose sight of safety when completing routine tasks. Use handrails, wear PPE, identify line of fire hazards and communicate with workers in your area.
- Ditch distractions-take the time to eliminate potential distractions and eliminate them prior to starting work.
- Take your time-when focusing our attention on just getting the task done we lose focus on what matters most—our safety.
- Take breaks—Take a moment to step away from your task, re-hydrate and re-focus.
- Be aware of your surroundings—Pay attention to the changes happening around you. Re-assess the work area for changes after breaks and throughout the task.

It takes constant effort to stay focused, but your days off will be much more enjoyable if you are injury free!

LEADERS' QUESTION TO WORKERS: **What do you need to focus on?**