



Being Observant Safety Message

How many times have you tripped over something you did not see or turn around and get startled because someone was in your area that you were not aware of? It happens to many of us often. Depending on what is preoccupying our mind, our emotions, the distractions around us, the noise levels in our area, etc. will determine how much of our ability to be observant is affected. The less able we are to be observant, the higher our chances are to be injured on the job by an unrecognized hazard.

How to Improve on Being Observant at Work

- Eliminate distractions from your work area. Whether it is someone talking to you or excessive noise, try to get rid of anything distracting you from your work. Also, consider good housekeeping practices as a tool to eliminate unnecessary distractions in your work areas.
- Take the time before starting a task to stop and look around your work area. Really focus on the different tools or equipment in that area. Are there hazards you are missing? Do you have everything you need?
- While completing a work task monitor your thoughts. Is your mind truly on the task?