



Safety Message of the Day for IMEA Members

Distractions and Safety (Safety Message)

There are many distractions in the world around us. There are so many things going on at once in our environment that our brain actually limits what we respond to or recognize if it is overloaded. Think about being in a loud crowded restaurant. Many other people are having conversations around you but you do not really hear what they are saying. However, if someone says your name, your attention will snap to that conversation and you will now pay attention to what they are saying. This is an example of how our minds pick and choose what we actually take in from all of the distractions and things going on in the world around us. At work, it is important to limit distractions so it is easier to pay attention to what needs to be accomplished.

Distractions at Work

There is an endless amount of distractions in the work environment that could be affecting your ability to focus and execute work tasks. Some common examples of distractions in the workplace:

- Noise can be a real issue in the disruption of communication as well as distracting individuals from the work going on at hand.
- Clutter and poor housekeeping can affect work performance. A study done by the Princeton University Neuroscience Institute found that physical clutter makes it harder for an individual to focus as well as for the brain to process new information.
- Other work tasks going on. Many workplaces have multiple work tasks going on at one time. These other tasks going on can make it difficult to focus on the work task we are completing.

Discussion points:

1. What are some distractions in our workplace?
2. How can we solve these distractions?

