



## Safety Message of the Day for IMEA Members



### Human Performance Safety Message

When addressing hazards in the workplace most of the focus is put towards the physical hazards that could harm us. For example, hazards such as slips and trips, electrocution, heavy equipment, struck-by incidents, etc. are the topics focused on when looking for things that can seriously injure or hurt us. While there should be an emphasis on the many physical hazards in our workplaces, human performance factors that affect our work need to also be addressed.

### What are Human Performance Factors?

Human performance factors are factors that affect an individual's ability to work safely and efficiently. They may also affect an entire workforce, but for this safety message, we will discuss a few of these factors and how they can affect you as an individual worker.

### Human Performance Factors

Stress- There is good stress as well as bad stress. We are more familiar with the bad stress.

Time Pressure- We all experience time pressures at work. When we try to accomplish too much in too little time, incidents are going to occur.

#### Distractions-

There can be dozens if not more distractions affecting us at any one time.

Personal Ability- We all have our strengths and weaknesses. Sometimes we are given jobs that we are not adequately prepared for.

Lack of Direction- Unclear guidance by a supervisor can lead to many problems for workers. If you do not know what is expected of you or the work task you need to stop work and get clear directions.

### Summary

Human performance factors can have as much of a role in a jobsite incident as a physical hazard. It is important to recognize the role they play in our work day today. When these factors interfere with our ability to work safely it is important to stop work and address the issue. Eliminate the hazards associated with human performance just as you such as an unguarded machine hazard or a fire hazard.