



Safety Message of the Day for IMEA Members



Safety Awareness: Being Present in the Moment Safety Message

Many things are going on around us in our physical environment, as well as distractions occupying our minds at any given time. With all of the challenges and noise we face in today's world, it is difficult to be truly present in the moment we are in. This can be especially true at work. It is important to increase safety awareness and realize when our focus, attention, or mind is not fully present in the moment while completing a work task.

What does it mean to be truly present? For the purpose of this talk, we are discussing where our focus and attention are at a given moment. All too often, we are physically present somewhere, but our focus and attention are not. We have all been there. Whether it is during a safety meeting or when driving home, we zone out and quickly realize we have no clue what was said in the safety meeting, or with the snap of a finger, we are home but have no recollection of the drive. This kind of disconnect from the present moment can be extremely dangerous when at work.

It can be challenging to truly be present at work. But workplace safety should be a priority. Distractions, long hours, health issues, family problems, stress, etc., all plague us and our ability to be fully present in our work. It is only possible through recognizing where our focus and attention are, and from there, deciding to take the necessary steps to try to be more present in the moment we are in.