



## Safety Message of the Day for IMEA Members



### **Workplace Distractions Safety Message**

Some workplace distractions and interruptions are unavoidable but others – if not properly controlled or regulated -- could lead to injuries, lost productivity, and a decrease in worker morale.

Work interruptions are a distraction that can result in work errors or accidents. Before addressing or responding to another person, workers should shut down or disengage any work tool, equipment, or processes. Job training should include instructions not to interrupt others during a critical job phase or process. Instruction manuals and procedural guidebooks should be kept on site to answer frequently asked questions and thereby eliminate the need to interrupt or distract other workers.

Workplace distractions and interruptions are common, but training can help you remember to keep your mind on the task at hand. Speak up about repeated and/or unsafe distractions and think and take responsibility for not interrupting or distracting others.