

Distractions



Distractions in the workplace can be dangerous!

Distractions can make it difficult to focus on the task at hand, which can lead to fatalities, injuries, and lost productivity.

Personal Issues

Workers could be stressed by family or financial problems, physical ailments that aren't serious enough to keep them off the job, or maybe even daydreaming happily about an event or person.

Clutter

A messy workstation can create and hide hazards, and can make it challenging to fully focus on the task at hand.



Poor Air Quality

Dust, fumes, chemical contaminants, and environments that are too hot or too cold can cause a variety of physical symptoms that affect an individual's ability to focus fully on their job.

Chaotic Surroundings

Clattering machinery, ringing telephones, loud conversations, and people moving around can interfere with a worker's performance and attention to correct procedures.

Long Hair and Loose Clothing

When hair or clothes are loose and flowing, they may obstruct your view and divert your attention.



Noise

Sudden, repetitive loud noises, or even no sounds at all, can be a serious distraction. Intense noise, or lack of noise, can make it difficult to focus.



Fatigue

Acute fatigue is from short term sleep loss or short periods of heavy physical or mental work. Being fatigued can decrease focus, and serve as a distraction.

Electronic Devices

Computers, cell phones, tablets, and headphones can all be useful, but they can also be very distracting.



"Safety is a core value and business priority"