



## No Risk is Worth Your Life “Distractions On The Job”

**Maintaining focus and minimizing distractions in the workplace is critical. Always remember, no risk is worth your life.** According to statistics, 4 out of every 5 accidents are caused by the person involved in the incident. This means that unsafe acts are four times more likely to cause accidents and injuries than unsafe conditions. Therefore, it is crucial to eliminate distractions while working to avoid accidents and injuries.

Distractions can come in different forms, such as mental distractions, inattention, machinery issues, hearing problems, taking shortcuts, overconfidence, poor housekeeping, and ignoring safety procedures. It is important to be aware of these distractions and take steps to eliminate them.

**Mental distractions**, such as talking with a friend while working, can pull your focus away from safe work procedures. Always keep your guard up and avoid distractions, even if they seem harmless.

**Inattention**, caused by workplace arguments or personal problems, can lead to fatigue and boredom, making it difficult to focus on the task at hand. Always keep your mind on your work, and if necessary, take a break to clear your mind.

**Machinery issues** can also be a distraction, so keep your work station clear, well-lit, and away from busy foot traffic. If a machine does not start correctly, inform your supervisor immediately.

**Hearing problems** can also be a distraction, so avoid playing loud music or using headphones that can prevent you from hearing important instructions or warnings.

**Taking shortcuts** to save time can also lead to accidents and injuries. Always prioritize safety over speed and follow proper procedures to avoid unnecessary risks.

**Overconfidence** can be just as dangerous as a lack of confidence. Do not start a task without proper instructions or safety precautions.

**Good housekeeping** is also important, as poor housekeeping can create hazards of all types.

**Purposely ignoring safety procedures** can endanger you and your co-workers. Take the time to think through the process before starting a task and always follow safety procedures.

### DISTRACTED WHILE WALKING

It is not just distractions while working with machinery that can be dangerous. Distracted walking is also a significant issue. Using a cellphone while walking can lead to injuries such as walking into fixed objects, being struck by moving vehicles or equipment, walking over an edge or into an open hole, tripping over an object, or walking under a lifted load. Always be aware of your surroundings and avoid using your cellphone while walking.

Always remember that no risk is worth your life. It is essential to eliminate distractions while working to avoid accidents and injuries. Be aware of mental distractions, inattention, machinery issues, hearing problems, taking shortcuts, overconfidence, poor housekeeping, and ignoring safety procedures. By taking these precautions, we can all ensure a safe and productive work environment.

1926 Subpart M - Fall Protection | Occupational Safety and Health Administration. [www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartM](http://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926SubpartM).

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**SAFETY: FIRST. LAST. ALWAYS!**