



Distractions On The Job

80% of accidents can be attributed to the actions of the individuals involved. Unsafe behavior causes four times as many accidents and injuries compared to unsafe conditions. A significant portion of accidents and injuries occur due to distractions while working. Provided below are safety recommendations to ensure awareness of potential distractions while on the job and ways to mitigate them:

- **Mental Distractions:** Dropping your guard can steal your focus away from safe work procedures. For example, if a friend comes by to talk while you are trying to work, you can become distracted, causing an accident.
- **Inattention:** Lack of focus can result from workplace disputes, unclear instructions, or concerns about work-related matters. Fatigue and boredom worsen inattention. Stay focused and pay attention to warnings and alarms.
- **Machinery:** Arrange your workstation in a well-lit, unobstructed area away from busy foot traffic to prevent distractions. Notify your supervisor if a machine does not start as intended.
- **Hearing:** Playing loud music or using headphones can pose a hazard by preventing awareness of important instructions or warnings. Maintain the ability to hear crucial communications.
- **Shortcuts:** While seeking efficiency, be cautious of shortcuts that compromise safety. Prioritize safety over expediency to minimize the risk of injuries for yourself and your co-workers.
- **Overconfidence:** Excessive confidence can be detrimental. Ensure you have complete instructions before initiating a task, and seek clarification on work procedures and safety measures.
- **Poor Housekeeping:** Maintaining a clean and organized workspace sets a safety standard for others to follow. Good housekeeping is essential for both safety and a sense of pride.

- **Ignoring Safety Procedures:** Deliberately neglecting safety procedures jeopardizes your well-being and that of your co-workers. Always adhere to safety guidelines and think through tasks to ensure safety.

DISTRACTED WHILE WALKING

We've all seen the warnings about the perils of texting while driving, but what about the dangers of using a cellphone while walking? Numerous videos online depict individuals getting injured due to distractions while walking. While some of these videos might seem innocent or amusing, the consequences of such unsafe behavior can be severe.

Consequences of Distracted Walking

Injuries caused by distracted walking, often due to cellphone use, have become so prevalent that the National Safety Council now categorizes "distracted walking" in their "Injury Facts" statistical report. Recent statistics, specifically quantifying injuries from distracted walking, are challenging to obtain. However, a study by the U.S. Consumer Product Safety Commission in 2011 revealed that 1,152 individuals of all ages were treated in hospital emergency rooms in the U.S. for injuries sustained while walking and using an electronic device. It's reasonable to assume that numbers have increased due to the widespread use of smartphones.

Some basic examples of how using a cellphone while walking at work can lead to injuries include:

- Colliding with stationary objects
- Getting struck by moving vehicles or equipment
- Falling over an edge or into an open hole
- Tripping over objects
- Walking under a lifted load

Heidi. "Tool Box Talk: Distractions on the Job." Cornett's Corner, Mar. 2020, cornettscorner.com/tool-box-talk-distractions-on-the-job.

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SAFETY: FIRST. LAST. ALWAYS!