

TOOLBOX SAFETY MEETING

PRESENTED BY TRADESMEN INTERNATIONAL



Distractions: Keep Your 'Safety Guard' Up So You Can Be Present and Safe

Distractions are part of daily life. Rushing, multitasking, coworkers talking to you, even mental distractions can pull your focus away from safe work practices. These distractions can lead to personal risk taking and possible injury. **Make the conscious decision to only proceed with a task if you can do it safely and with your full attention.**

Every month, workers are injured because, although distracted, they continue with the task at hand. If you found yourself in these scenarios, what would you do?

- You're lining up a couple boards to drive a nail in using a nail gun. A coworker comes up and starts talking to you just as you're about to fire the nail gun. *Do you stop what you are doing, or do you proceed, knowing that the task does not have your full attention?*
- It's the end of the day and you have a couple more things to get done before you can go home. You begin to rush and multitask. You're carrying items that are too heavy down some stairs, miss a step and slip. You are able to catch your balance and you don't fall. *Do you consider that a warning sign to slow down and pay attention?*

While some factors in the workplace can play a role in causing distractions, more hazards result from unsafe acts than from unsafe conditions. So, think straight and follow safe procedures—your safety, and the safety of others, depends on it!



A distraction is anything that takes your complete attention away from where it needs to be. Construction work is dangerous and requires 100% of your attention, 100% of the time. Distractions are a **SAFETY HAZARD!**

The safety information provided in this Toolbox Talk is for informational purposes and should not be considered a complete resource on this topic, nor does it supersede any applicable local, state or federal statutes or regulations. The material contained has been compiled from sources believed to be accurate. Tradesmen International assumes no responsibility for the accuracy of this information and encourages expert consultation on this topic for more information.

Employee Name: _____

Location: _____

Employee Signature: _____

Date: _____