

# BEING OBSERVANT:

## PAYING ATTENTION TO YOUR ENVIRONMENT

Amid a whirlwind of distractions and noise in our daily lives, our powers of observation can often become impaired at work and home. With so much on our minds and with everything going on around us, distractions can cause us to miss important details that can put us at risk.

It is crucial to slow down and pay attention to the environment around you when you are at work to be able to perform tasks safely and keep yourself and your co-workers safe.

- **ELIMINATE DISTRACTIONS**
- **SLOW DOWN AND TAKE YOUR TIME**
- **MONITOR YOUR THOUGHTS**



**BC Forest Safety**

Safety is good business

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Think of how many times you've tripped over something absent-mindedly or were startled by someone when you weren't paying attention. How many times have you driven home and can barely remember the trip?

Depending on what is preoccupying your mind, triggering your emotions, contributing to the distractions and noise levels around you, etc .... your ability to observe and pay attention to your surroundings can be highly affected. When the ability to pay attention or focus on what is around you is disrupted or hindered, there is a greater risk of being injured or causing injuries to others.

## CONSIDER THESE POINTS WHEN OBSERVING YOUR ENVIRONMENT AND SURROUNDINGS

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### ELIMINATE DISTRACTIONS FROM YOUR WORK AREA:

Whether someone is talking to you or excessive noise is impairing your attention, try to remove or eliminate these distractions so you can focus on the task at hand. Prior to starting your shift, practice good housekeeping to eliminate unnecessary distractions in your work area. Remember, a place for everything and everything in its proper place.

### BEFORE STARTING A TASK, TAKE TIME TO STOP AND INSPECT YOUR WORK AREA:

Make a point of focussing on the tools or equipment in your area. Can you identify any hazards? Is there anything missing? Are controls in place for identified hazards? Do you have everything you require to do your job safely such as the proper PPE, tools or equipment?

### WHILE COMPLETING A WORK TASK, MONITOR YOUR THOUGHTS:

Are you in the right frame of mind? Are personal matters getting in the way? Do you feel rushed, fatigued or overwhelmed? Be sure to clear your mind of thoughts that affect your ability to focus and pay attention to the task in front of you. Try conducting a quick exercise to test your observations skills before you start your task and see if your mind is ready. For example, find an object and name 10 or more characteristics about it to help set your mind on the work ahead.

**REMEMBER Slow down and observe the environment around you!**

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