

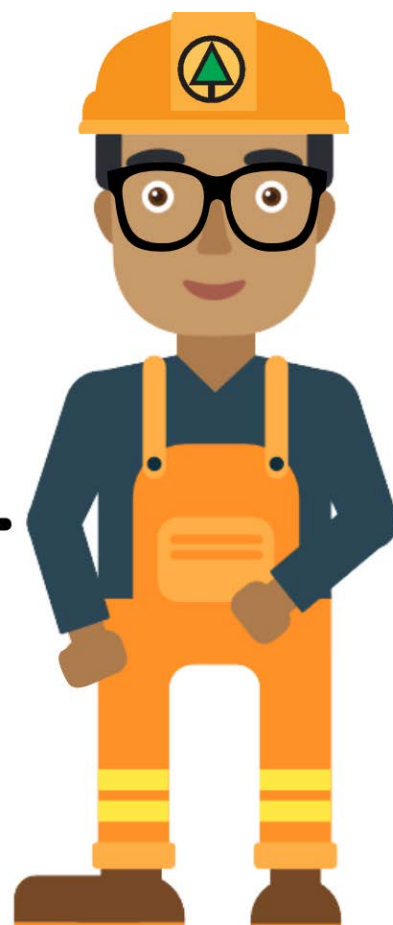
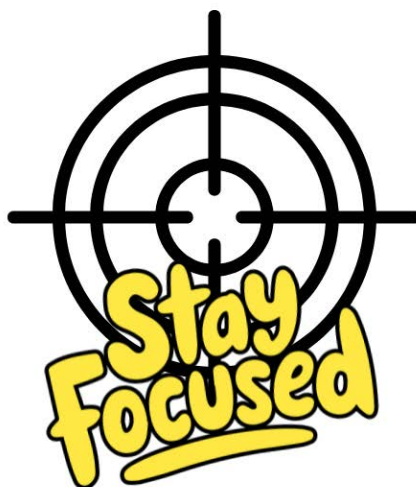
STAY FOCUSED: KEEP MIND ON TASK

Manufacturing worksites are busy and are full of safety hazards. Workers face serious risks from heavy machinery, automated systems, moving vehicles, sharp tools and hazardous materials found throughout the site.

Paying attention is critical and even a momentary lapse in focus can lead to serious injury, equipment damage or even loss of life.

"MIND ON TASK" means more than just avoiding accidents – it's about staying alert. When we remain focused, we can spot inconsistencies, correct errors and find ways to improve the workplace.

- COMMON DISTRACTIONS
- CONSEQUENCES OF LOSING FOCUS
- TIPS FOR STAYING FOCUSED



BC Forest Safety

Safety is **good** business

STAY FOCUSED: KEEP MIND ON TASK



COMMON DISTRACTIONS: Distractions are part of life, but in manufacturing, they can be dangerous. Common sources include:

- **Personal issues:** Family, health or financial worries can distract from work.
- **Distractions:** Noises, lights, or discomfort can hinder focus.
- **Repetitive tasks:** These can lead to boredom and inattention.
- **Multitasking:** This can split focus from one task and increase the chance of error.
- **Fatigue:** Long shifts reduce alertness.
- **Interruptions:** Disruptions and conversations can distract from the task at hand.

CONSEQUENCES OF LOSING FOCUS: *Here are some examples:*

- **Accidents:** A distracted machine operator might skip safety checks, leading to jams, malfunctions or personal injury.
- **Defects:** A lapse in attention can allow a missed flaw to slip through compromising the quality of the final product and potentially causing downstream failures.
- **Near misses:** Even if an incident doesn't result in injury or damage, it is a warning that something in the process needs to change.
- **Reduced productivity:** Operational downtime caused by equipment repairs, task rework or investigations can significantly reduce productivity, disrupt timelines, and impact team morale.
- **Increased stress:** Errors can create a ripple effect, increasing stress for everyone as they scramble to correct mistakes and catch up.

TIPS FOR STAYING FOCUSED

PRACTICE MINDFULNESS

- Taking deep breaths before starting tasks.
- Assessing your work area for hazards.
- Mentally walk through task steps.

MINIMIZE DISTRACTIONS

- Put away personal devices.
- Use hearing protection.
- Keep your workspace tidy.
- Communicate to reduce disruptions.

STAY ENGAGED WITH YOUR WORK

- Checking work quality periodically.
- Setting small goals.
- Challenge yourself for efficiency and safety.

TAKE REGULAR BREAKS

- Step away periodically.
- Stay hydrated and nourished.
- Stretch or take a short walk.

WATCH OUT FOR EACH OTHER

- Safety is a team effort.
- Check in on distracted coworkers.
- Notify a supervisor to help prevent mishaps.

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