



Take Action Against Distraction

We all are aware of the dangers of distracted driving, but there are other activities we engage in that demand our full attention to avoid accidents and injuries. Many people are hurt or killed when they become distracted while working or walking. But we don't have to let this happen, we can do something about it.

HOW PEOPLE GET DISTRACTED

How do people get distracted? Sometimes, we just let ourselves get distracted, like when we pick up the ringing phone when we're driving. This can happen almost at any time or anywhere. Distractions can happen when someone or something else distracts you. One of the most shocking findings that we uncovered was that 34% of employees like their jobs less when they find themselves in a distracting workplace and 66% of workers have never discussed solutions to address workplace distraction with their managers. When workplace distractions are reduced, whether through training or policies, we found that 75% of employees are more productive, 57% have increased motivation, and 49% are overall happier at work.

MAINTAINING CONCENTRATION

When a mind starts to wander, what can we do to bring it back to the task at hand? We can't think about two things at the same time. We can think about one and then the other, it does take a little time to go back and forth, but we can't think about two things at the same time. Concentrate on the task at hand.

DON'T DISTRACT OTHER PEOPLE

Don't distract other people. You need to be aware at times we can be distracting people, while they're doing a critical task. Before you approach someone, make sure it's safe to do so. Make sure you get their attention and don't surprise them. If you can't get their attention, wait until you do before you approach. Wait until it is safe to do so.

DISTRACTED WALKING

People are getting hurt when they're walking and it's easy to understand why. People are walking while they're using their handheld devices. Don't let yourself become distracted by loud music or any other noise when you need your full attention on the task at hand.

FIXING DANGEROUS SITUATIONS

If you see a dangerous situation, fix it. Do something about it. If you can't fix it, mark it so that someone will notice that there's a hazard there and report it to someone who can take care of it.



DISTRACTED DRIVING

You have to make a conscious effort to do this, and not let yourself be distracted. For distracted driving, it's easy. You must choose not to be distracted. It's a conscious effort and you can do that by following these steps. Don't talk or text on your phone when you're driving. Shut your phone off and put it out of reach. This way you won't be tempted to see who's calling you. It takes the brain 13 seconds to refocus after using a cell phone. Over 1000 people a day are injured from distracted driving.

AVOIDING FATIGUE

If you're tired, that can make it much easier for you to be distracted. Especially if you're driving your vehicle or doing any other task. Fatigue can make your mind more prone to become distracted. It slows your reaction time. It increases forgetfulness and decreases your attention span. Make sure you get enough proper sleep. That's one of those things that's easier said than done. Your safety and the safety of others will depend on it.