



SAFETY UNLIMITED, INC.

# Safety Tip of the Week

## Stay Alert to Avoid Getting Hurt

How many times have you tripped over something you did not see or turn around and get startled because someone was in your area of whom you were not aware? It happens to many of us often.

Depending on what is preoccupying our minds, our emotions, the distractions around us, the noise levels in our area, etc., will determine how much of our ability to be observant is affected.

When you go to work each day, is it your goal to stay alert to avoid getting hurt? If not, why isn't it?

Protect yourself and keep others safe by staying alert and being aware of the hazards in your work.

**There's no time like the present to refocus on how to stay safe on the jobsite.**



### Stay Focused:

- Plan the work, work the plan--having a plan in place will give you a mental checklist to follow during each task.
- Be prepared--have all PPE, tools and materials on hand prior to starting your task.
- Get back to the basics--don't lose sight of safety when completing routine tasks. Use handrails, wear PPE, identify line of fire hazards, and communicate with workers in your area.
- Ditch distractions--take the time to eliminate potential distractions and eliminate them prior to starting work.
- Take your time--when focusing our attention on just getting the task done, we lose focus on what matters most--our safety.
- Take breaks--take a moment to step away from your task, re-hydrate, and re-focus.
- Be aware of your surroundings--pay attention to the changes happening around you. Re-assess the work area for changes after breaks and throughout the task.

**STAY ALERT...DON'T GET HURT!!**