



# H S E

HEALTH SAFETY ENVIRONMENTAL



Alert #: SA 27-25

Date: July 8, 2025

## Maintaining Focus at Work – Stay Sharp, Stay Safe

Distractions and mental lapses are major contributors to workplace incidents. Even a few seconds of inattention can lead to serious injuries.

A worker lost focus during a routine task and lost footing on a stairwell, having to reach out to grab a handrail while falling. The result: a preventable hand injury that required medical attention.

### Why Focus Matters:

- Most incidents happen during **routine** or **repetitive** tasks.
- Fatigue, stress, complacency, and multitasking reduce awareness.
- Lack of focus increases the chance of **line-of-fire**, **slips**, and **equipment-related injuries**.

### Staying Focused – Quick Tips:

- **Start with a Clear Mind** – Leave distractions at the gate.
- **Use STOP WORK Authority** if you feel unsure or unsafe.
- **Take Short Mental Breaks** to reset during long tasks.
- **Minimize Distractions** – No phones, headphones, or unrelated conversations.
- **Watch Out for Each Other** – Speak up if someone appears distracted or fatigued.

### REMEMBER:

“The most dangerous moment is when you think nothing can go wrong.”

Stay alert. Stay focused. Stay safe.



SAFETY ALERT