



H S E

HEALTH SAFETY ENVIRONMENTAL



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Cell Phone Safety

Employees often bring their cell phones to work, a choice that could potentially cause numerous hazards on the job. Cell phones can be a dangerous distraction in the workplace. Just like other workplace distractions such as horseplay and chattering with co-workers, cell phones can cause us to lose focus on the task at hand. When used inappropriately, these devices can get employees in trouble at work as well as potentially cause serious injury.

Workplace cell phone use can be dangerous:

While most of us would never consider doing a puzzle or juggling while performing our jobs, we often don't give a second thought to sending and receiving text messages as we complete our daily tasks.

Of the over 6 billion texts sent each day, a large number of them are now being sent from, and received in the workplace. Not surprisingly, we are now seeing a rise in workplace injuries related to text messaging and other phone and PDA-related activities.

We are all aware of the hazards of texting while driving, but sending and receiving text messages at work can be just as dangerous.

Cell phone workplace safety and outside risks:

- To avoid committing unsafe acts, we must make safety our top priority in every task we perform.
- We must adopt an attitude that our primary goal is doing every job as safely as possible. Maintaining this attitude will help us recognize situations where use of cell phones would not only interfere in our ability to perform our tasks without injury, but also hinder us from completing our jobs in a timely manner.
- We must be able to recognize and reject the excuses we often make for texting when we know it is unsafe or prohibited by policy.
- We must be willing to speak up when we see people putting themselves in harm's way by texting while performing their job duties.
- It takes "two to text." If you are on the receiving end of prohibited or unsafe texts being sent at work, don't respond. Let senders know, in person, that texting at work is unsafe and inappropriate and that you will not participate.
- Similar to other safety issues, putting a stop to dangerous texting or other distracting phone use requires a culture of speaking up and refusing to participate. When employees help to create this type of work environment, they create a safer workplace for everyone.
- Be aware that most of our clients do not allow the use of phones while working and utilizing them when working in certain areas of plants and offshore facilities can be extremely hazardous if not intrinsically safe.

**Don't tempt fate...
that text can wait!!**



Report all incidents immediately to the GIS Hotline 1-855-543-5163.

SAFETY ALERT