

FOCUS

ON THE JOB.

Distractions cause accidents. Keep your mind where your hands are.



WHAT PULLS YOUR FOCUS?



PHONES

Messages and calls while you work, drive or move around site.



RUSHING

Hurrying to hit a deadline or cutting corners.



TIREDNESS

Fatigue, stress or worries from home.



MESSING ABOUT

Chatting or larking about near plant and live work.

HOW TO STAY FOCUSED

1

PUT THE PHONE AWAY

Only take calls in a safe spot, away from plant, edges and traffic.

2

PLAN BEFORE YOU START

Check the task, the RAMS and what's around you first.

3

TAKE YOUR BREAKS

Rest, eat and drink water. Tired minds make mistakes.

4

SPEAK UP

If you or a workmate can't concentrate, tell your supervisor.

EYES ON THE TASK. MIND ON THE JOB.

REMEMBER

It only takes a second of lost attention for things to go wrong. Distracted? Stop, reset, carry on.