

Eyes and Mind on Task

Keeping your eyes and your mind on the task that you are doing could reduce and eliminate injuries to you and those around you.

Sometimes when you're doing repetitive tasks, something you are so used to doing, you might let your "guard" down and just automatically do the task. At any given time something can go wrong...you've "always" done things in a certain way...and then just once something happened...

Can you think of situations where this has happened to you? Were you doing something familiar or routine...and then all of a sudden...

Have you ever:

- grabbed a file folder and sliced your hand on the sharp edge?
- reached for your coffee and instead of picking it up you knocked it over?
- began to sit down in a chair and then suddenly realized the chair isn't going to be under your "butt" and you're going to land on the floor?
- used a hammer and instead of hitting the nail, you hit your finger?
- been driving and then suddenly wonder if you just ran a red light or was it really green?

For client care staff, considering asking:

Have you ever:

- been providing client care with a co-worker, and chatting with your co-worker about a TV show you watched last night? Were you engaged = eyes and mind = with the client task you're doing and communicating with the client - or were you talking as if the client wasn't there? Were you fully focused on the task you were doing?
- grabbed a patient lift and began to use it before you checked it out? Have you "automatically" began using it without paying attention to ensure the battery is charged, all hooks were secure, you have the proper sling or harness?

Eyes on Task:

- keep your eyes on the task you are doing
- watch what you are doing - read instructions, labels, procedures
- use your peripheral vision - keep your primary focus on the task and be aware, be alert
- if you need to look away from what you are doing, even for a second, first ensure it is safe to do that

Mind on Task:

- keep your mind focused on the task - know the proper steps
- don't get distracted by someone or something
- be fully engaged in what you are doing - pay attention to what you are doing
- be aware of your body mechanics

Your eyes and mind can work together to keep you safe.

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!