

There are a lot of distractions on construction jobsites. If you allow distractions to take your focus away from your work tasks, the consequences can be devastating. Here are some tips on how to minimize the distractions you can't avoid, and eliminate the ones you can. Your safety on the job depends on your undivided attention.

1. Driver Distractions

- Avoid using a cell phone while the vehicle is in motion
 - Have conversations when you are safely off the road
- Avoid activities that take your eyes off the road, such as
 - Texting
 - GPS programming
 - Map reading
- Prevent clutter on your dashboard, front seat, and vehicle floor
 - Create a system to organize items in the vehicle

2. Electronic Distractions

- Avoiding electronic distractions requires self-discipline
- Avoid using your phone on the job. Only use it during breaks or at lunch
- Be aware of distractions associated with using headphones to listen to music or other potential distractions. Headphone use prevents you from hearing backup alarms, voice warnings, etc.

3. Environmental Distractions

- If job noise is too distracting, use hearing protection and talk to your supervisor about working elsewhere until the noise level is reduced
- Temperature extremes are distracting
 - Plan ahead and dress for the jobsite conditions
 - Stay well hydrated in both hot and cold environments
 - Use heaters or body-cooling products and devices when necessary

- Avoid trade-stacked areas whenever possible
 - Talk to your supervisor about reworking the schedule or temporarily moving you to another work area
 - When this situation can't be avoided, be extra alert to the potential hazards around you
- Maintain good housekeeping
 - Clean workplaces minimize clutter distractions
 - Clean your work area as you go
- Avoid emotional conversations. Discuss hot topic issues after work
- Remind yourself to stay focused on your work during unexpected visits or other temporary distractions

4. Personal Distractions

- Remain cognizant of the need to focus on your work tasks when you are going through tough times or anticipating big events in your life
- Consider letting your supervisor know when you are experiencing a particularly tough time in your life