Being Observant

Introduction:

How often have you gotten up from what you are working on, and almost fallen over something? You were so focused on what you were doing, or you were listening to your favorite work tunes and you had no idea what was happening around you. It is important to stay focused on the task at hand, but it is also important to be aware of your surroundings. Take time to look around your work area and identify potential hazards. Pay attention to small details. Is there anything that needs to be addressed that will make your workplace a safer place to work or that will improve your production?

Discussion Points:

- Self- awareness
- Eliminate Distractions
- Continuous Assessment and Observation
- Slow Down and Pay Attention
- Be Observant, Work Smarter, Stay Safe.

Discussion:

Monitor your work process and focus on small details. Not being aware of what is happening around you, or not seeing the details of your surroundings, you are putting yourself at risk of injury. Confirm what is happening at any phase of the process of the task, and ask yourself questions. Gain information and anticipate what is going to happen.

Observation is a way to connect with your surroundings and learn about the environment, and to connect with others. Being observant is a continuous process of gathering information and making assessments. It's about being at the moment. Take time to slow down and pay attention, use your senses and instinct. Sometimes what is not being said is more important than what is being spoken. Being observant will often lead to opportunity.

Be observant, work smarter, and...

As always, stay safe out there!