

Did You Know...

BEING OBSERVANT REDUCES THE RISK OF INJURY

Whether it is at home, in the office, or in the field, we have so much on our minds as well as the things going on around us that we can miss a lot of important details. It is critical to slow down and be able to observe the environment around you to perform tasks safely.

How many times have you tripped over something you did not see, or turn around and get startled because someone was in your work area that you weren't aware of? It happens to many of us, often. Depending on what is preoccupying our mind, our emotions, the distractions around us, the noise levels in our area, etc., will determine how much of our ability to be observant is affected. The less we observe, the higher our chances of being injured.

Quick Exercise:

Get out a pen or pencil to observe (if no pen or pencil, find another basic object to look at). Begin to name off the observations you have about the object. If you cannot think of more than 10 characteristics, you can improve on being observant.

While this is a simple exercise, it provides insight into how many small details we are truly glancing over as we go throughout our day.

Hints: Focus on your senses when observing (in this case, sight, sound, smell, touch)

E.g. What is the colour of the object? Is the point sharp or dull? What is the size? Is there lettering or images on it? Does it look well used or brand new? Does it have a smell?



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