

DISTRACTION + LARGE EQUIPMENT = NOTHING GOOD



Maintaining constant awareness of your surroundings should be your top priority. Distractions, such as cell phones, increase your reaction time, lower your work quality, and cause inattentional blindness.

Stay off the phone!

Do **NOT** use personal electronics while operating equipment.

Only use electronics in safe areas.

Don't pace while talking. Anchor yourself by touching a nonmoving object.

Look up, around, and often. Every 2 seconds.

Mount electronic devices or use hands free devices.

Have a spotter.

