



## March 30 — Eyes Down, Guard Down

Worker was walking and looking at their phone and had no way to see what was in front of them.

Tried to get the attention of the worker but they kept walking

A worker was moving through the work area with their attention fixed on their phone. Their head was down. Their focus was on the screen not the environment.

Heads up in active areas.  
Movement requires awareness.  
Screens can wait — hazards won't.

Jobsites are not sidewalks. They change by the minute.

Loads move. Equipment backs up. Surfaces shift. Hoses stretch across walk paths. Open edges appear. When your eyes drop to a screen, your awareness drops with it.

The hazard wasn't the phone itself. The hazard was divided attention.

In industrial environments, walking is not passive. It requires scanning, listening, and adjusting. Removing awareness even for a few seconds removes your reaction time.

Most movement injuries don't happen because someone didn't know better. They happen because attention drifted. And distraction shrinks your safety margin fast.

### Hazards

- Trip and fall
- Walking into moving equipment
- Entering restricted or active work zones
- Struck-by exposure
- Line-of-fire exposure
- Delayed reaction to changing conditions

### Stats

- Slips, trips, and falls remain among the leading workplace injuries.
- Distraction is a growing contributing factor in occupational incidents.
- Many injuries occur during routine walking and movement tasks.
- Reduced situational awareness significantly increases risk in active work zones.

### Humans at Work

Phones are designed to grab your attention and keep it. Once your focus locks onto the screen, your awareness of the environment drops fast. That is attention capture. It is not weakness. It is how our brains are wired.

At the same time, most of us believe we can multitask. We think we can glance at a message and still see what is around us. That is overconfidence in multitasking. The truth is, when your eyes are down, your reaction time is gone. The lesson is bigger than a phone. Any distraction shrinks your safety margin. On a jobsite, walking is not passive. It requires full awareness. If your attention is somewhere else, so is your safety.

### Pause and Think

- Where is your attention right now?
- Are you scanning your surroundings or just moving through them?